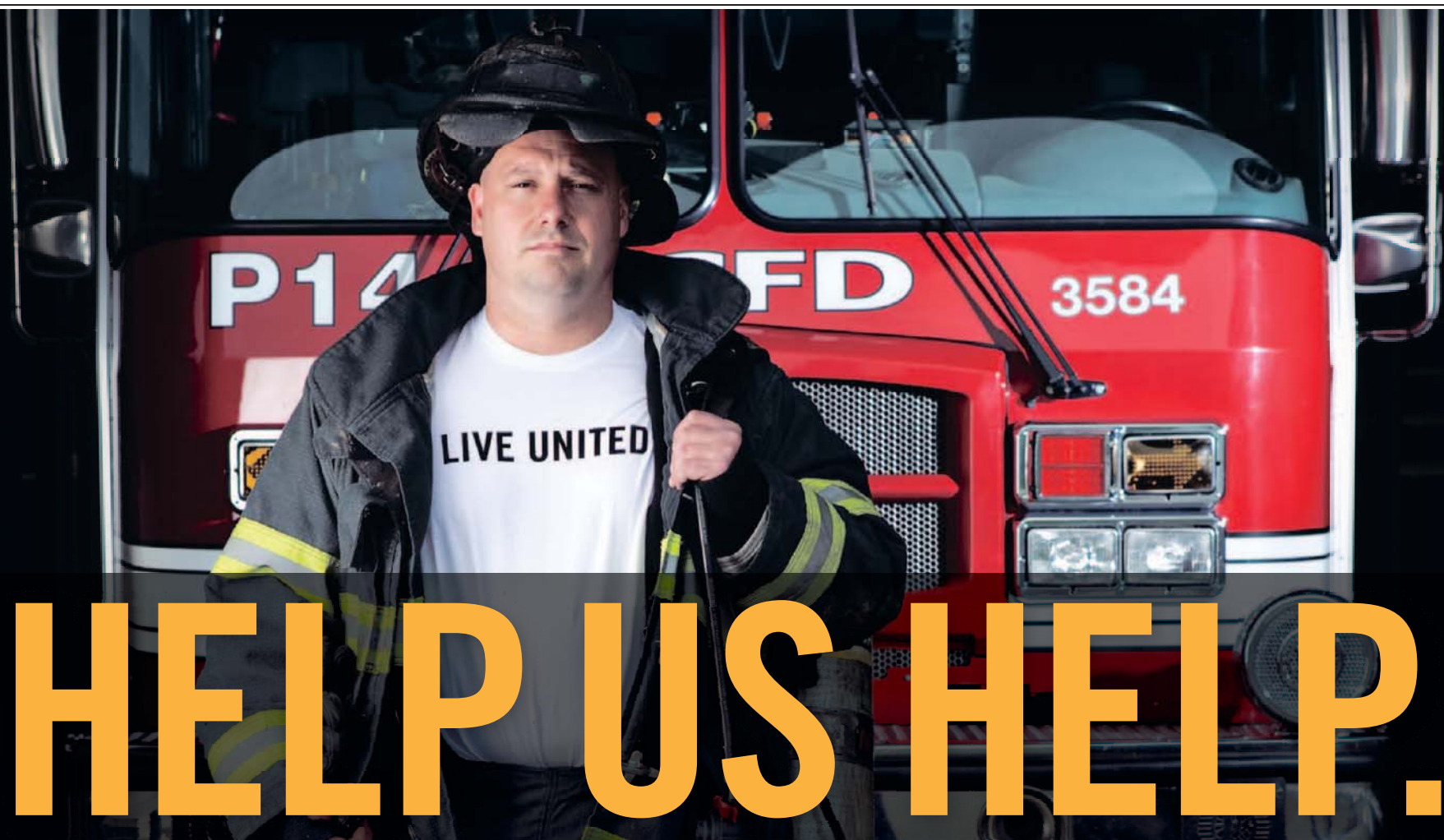


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Tuesday

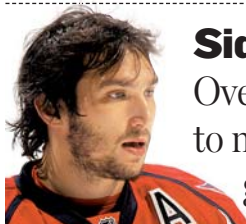


BILL O'LEARY/TWP

Local shops are seeing a shortage of ammunition.

Arms Race: Guns, bullets are selling at record pace | **5**

Split Decisions: Election wins won't fix GOP rifts | **3**



Sidelined:
Ovechkin likely to miss Devils game | **13**

Fit

Dance Crazy:
Mya shares her 'Dancing With the Stars' secrets. Plus, get a ballroom burn at a local class. >> **E4**



Ship Built With WTC Steel Arrives in N.Y.C.



STAN HONDA/AFP/GETTY IMAGES

HOMEcoming: Members of the New York City Fire Department and U.S. Marines watch as the USS New York enters New York Harbor Monday on its way past the former World Trade Center site. The bow of the \$1 billion Navy ship, built in Louisiana, contains about 7.5 tons of steel from the fallen towers.

Ford Posts Surprise \$1B Profit

Troubled automaker reaps rewards of painful makeover

DEARBORN, MICH. | One of the troubled Detroit Three automakers, Ford, is making money again and looking for better times in no more than two years.

Emerging from a three-year makeover with popular cars and trucks, Ford said Monday it earned nearly \$1 billion in the third quarter and will be solidly profitable by 2011, a more optimistic forecast than earlier.

While heavy debt and lean times for

American car shoppers threaten the comeback, the report puts Ford in a far better position than General Motors or Chrysler, which are still finding their bearings after emerging from bankruptcy.

Ford's cars are winning popular and critical acclaim, like the Fusion midsize sedan and more gas-efficient Focus compact. And years of painful cost-cutting, which have halved its work force, have looked prophetic since the

recession struck, hurting demand.

Even in North America, the company's biggest market, Ford turned a profit after losing money there for four years.

GM and Chrysler, meanwhile, are still trying to cut jobs and win back customers, many of whom are steering toward their healthier rival.

Three years ago, Ford was considered in the worst shape of the Detroit Three after posting what was at the time the worst annual loss in its history. (AP)



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TUESDAY
64 39



WEDNESDAY
55 42

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FOUND

Fun-Size Symbol Of Eternal Love

A Halloween trick-or-treater in Terrace Park, Ohio, may have gotten a diamond ring. Elizabeth Olson says she thinks she may have lost her wedding ring when she was tossing candy into trick-or-treaters' bags on Halloween. Olson is asking people to keep an eye out for the ring and to return it to her if they find it. (AP)



ESCAPES

They Said 'Ghosts Of Girlfriends Past' Was In-Flight Movie

Police in Cyprus say a passenger bolted from an airliner after opening a rear exit and sliding down an emergency chute as the plane prepared for takeoff. The man then jumped the airport fence and disappeared. Investigators don't know what spurred the man to exit the jet Saturday moments after the captain ordered the crew to lock the aircraft doors. (AP)



JIM COLE/AP

STUNTS

And Now You Have To Eat It

The mega-meatball record has landed on the East Coast. Matthew Mitnitsky — owner of Nonni's Italian Eatery in Concord, N.H. — said Sunday that his 222.5-pound meatball was authenticated as the world's largest. The old record of 198.6 pounds was set just over a month ago by TV host Jimmy Kimmel, who vowed to beat the 109-pound record set in Mexico in August. (AP)

GUILT

"OK, so you want to call and report that you're driving drunk?"

— A 911 DISPATCHER IN CLARK COUNTY, WIS., RESPONDING TO A CALL FROM A WOMAN WHO DECLARED HERSELF TO BE DRIVING WHILE DRUNK.

BABIES

Aren't Vicious Carnivores Adorable?

The world's fastest man adopted the animal kingdom's fastest sprinter Monday, as Usain Bolt welcomed a new baby cheetah named Lightning Bolt into his life. The Jamaican sprinter's sponsorship of the 3-month-old male cheetah is part of an effort to boost Kenya's conservation efforts of its famous wildlife, whose survival is threatened by trophy hunting, climate change and human encroachment. (AP)



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Childhood Food Aid Pervasive

Nearly half of all U.S. kids receive economic help at some point

CHICAGO | Nearly half of all U.S. children and 90 percent of black youngsters will be on food stamps at some point during childhood, and fallout from the current recession could push those numbers even higher, researchers say.

The estimate comes from an analysis of 30 years of national data, and it bolsters other recent evidence on the pervasiveness of youngsters at economic risk.

It suggests that almost everyone knows a family who has received food stamps or will in the future, said lead author Mark Rank, a sociologist at Washington University in St. Louis.

The analysis was released Monday in the Archives of Pediatrics and Adolescent Medicine. The authors say it's a medical issue pediatricians need to be aware of because children on food stamps are at risk for malnutrition and other ills linked with poverty.

"This is a real danger sign that we as a society need to do a lot more to protect children," Rank said. (AP)

GOP Looks Beyond Election Day

Even if Republicans win key races, party's internal strife remains

WASHINGTON | For Republicans, an election win of any size Tuesday would be a blessing. But victories in Virginia, New Jersey or elsewhere won't erase enormous obstacles the party faces heading into a 2010 midterm election year when control of Congress and statehouses from coast to coast will be up for grabs.

It's been a tough few years for the GOP. The party lost control of Congress in 2006 and then lost the White House in 2008 with three traditional Republican states — Indiana, North Carolina and Virginia — abandoning the party.

So, even if political winds start blowing harder behind them and even if they can capitalize on Democratic missteps, Republicans still will have a long way to go over the next year because of their party's own fundamental problems — divisions over the path forward, the lack of a national leader and a shrinking base in a changing nation.



New Jersey Republican candidate for governor Chris Christie, center, and his running mate, Sheriff Kim Guadagno, left, make phone calls in Freehold, N.J., Monday.

The GOP would overcome none of those hurdles should Republican Bob McDonnell win the Virginia governor's race, Chris Christie emerge victorious in the New Jersey governor's contest or conservative Doug Hoffman triumph in a hotly contested special congressional

election in upstate New York.

In fact, 2009 seems to have underscored what may be the biggest impediment for Republicans — the war within their base.

Not that the GOP would casually brush off even a small stack of victories on Tuesday.

SPLIT ALLEGIANCES

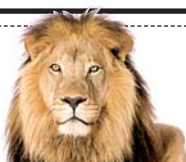
The once-obscure special election in New York's 23rd Congressional District underlines the divide among Republicans.

→ The GOP-chosen candidate, moderate Dierdre Scozzafava, dropped out of the race this weekend to back Democrat Bill Owens.

→ That schism pushed high-profile GOP support — including from ex-vice presidential candidate Sarah Palin — behind conservative upstart Doug Hoffman.

One or more wins would give the Republicans a jolt and a reason to rally in the coming months. Victories certainly would help with grassroots fundraising and candidate recruiting. And they might just be enough to reinvigorate a party that controlled the White House and Congress through much of this decade, only to lose power in back-to-back national elections.

Viewed from the other side, a GOP sweep would be a setback for Democrats and a negative measure of President Obama's standing. LIZ SIDOTI (AP)



HISTORY Man-Eaters Scientists reported Tuesday in the Proceedings of the National Academy of Sciences that fewer people than previously thought were killed in attacks by two man-eating lions in 1898 in east Africa. The voracious hunters claimed 35 lives — no small figure, but much less than some accounts of as many as 135 victims. Laborers from India and local natives building the Uganda Railroad across Kenya were the prey for the pair, whose remains are on display at the Field Museum of Natural History in Chicago. (AP)

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Bullet, Gun Sales on Record Pace

Rush to buy firearms began about the time Obama was sworn in

In a year of job losses, foreclosures and bag lunches, Americans have spent record-breaking amounts of money on guns and ammunition. The most obvious sign of their demand: empty ammunition shelves.

Gun owners have bought about 12 billion rounds of ammunition in the past year, industry officials estimate. That's up from 7 billion to 10 billion in a normal year.

It's happened, oddly, at a time when the two concerns that usually make people buy guns and bullets — crime and increased gun control — seem less threatening than usual.

The rush for bullets, like this



Ted Sabate has seen the ammunition shortage firsthand at Engage Armament in Kensington, Md. About 12 billion rounds of ammo have been sold in the U.S. this year.

year's increase in gun sales, says something about how suspicious the two sides of the gun-control debate are of one another — even at a time when the issue is on Washington's back burner.

The run started, observers say, as people heeded warnings from the gun-rights lobby that a new Democratic administration would make bullets more expensive or harder to get. Now that the shortage is start-

ing to ease, gun-control groups are voicing their own dark worries about stockpiled ammunition.

In between, in the 12 months since last October, gun shops sold enough bullets to give every American 38 of them.

It was already a political truisim that Democrats prompt sales of both guns and ammo. But the spike under Obama seems to be on a different scale: The receipts are on pace to set a record in 2009, according to U.S. Treasury Department data, with tax revenue due from guns up 42 percent and revenue due from ammunition up slightly more, at 49 percent.

DAVID A. FAHRENTHOLD AND FREDRICK KUNKLE
(THE WASHINGTON POST)



A Loaded Issue: To read the full report from which this article was excerpted, visit washingtonpost.com.

Missing Women Focus of Probe Of Ohio Bodies

CLEVELAND | The investigation of six female bodies found in the home of a convicted rapist facing a new rape allegation has focused on eight or nine missing women in Cleveland.

Cuyahoga County Coroner Frank Miller said Monday it could take days or weeks to identify the bodies using dental records or DNA samples such as hair.

He says his office has begun the "arduous" process of collecting materials from dentists and relatives of any women reported missing. He says the investigation will pay close attention to missing women who were living alone or homeless. The bodies were discovered last week after a woman reported being raped at the home of 50-year-old Anthony Sowell. (AP)

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No one should go hungry on Thanksgiving — especially when it costs so little to serve a complete meal to a hungry and homeless person.

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Kilimanjaro's Snows Disappearing

Researchers report startling loss of ice on mountain since 2000

WASHINGTON | The snows of Kilimanjaro may soon be gone.

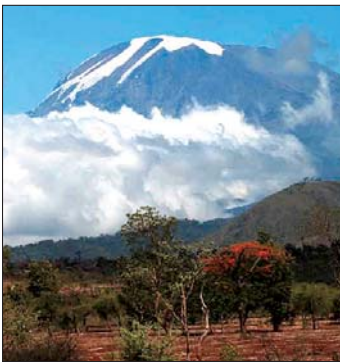
The African mountain's white peak — made famous by writer Ernest Hemingway — is rapidly melting, researchers report.

About 85 percent of the ice that made up the mountaintop glaciers in 1912 was gone by 2007, research-

ers led by paleoclimatologist Lonnie Thompson of Ohio State University report in Tuesday's edition of Proceedings of the National Academy of Sciences.

And more than a quarter of the ice present in 2000 was gone by 2007. If current conditions continue "the ice fields atop Kilimanjaro will not endure," the researchers said.

The Kilimanjaro glaciers are both shrinking, as the ice at their edges melts, and thinning, the



Researchers say the ice fields on top of Kilimanjaro are rapidly melting away.

researchers found.

Similar changes are being reported at Mount Kenya and the Rwenzori Mountains in Africa, and at glaciers in South America and the Himalayas.

On Kilimanjaro, the researchers said, the northern ice field thinned by 6.2 feet and the southern ice field by 16.7 feet between 2000 and 2007.

Researchers compared the current area covered by the glaciers with maps of the glaciers based on photographs taken in 1912 and 1953, and satellite images from 1976 and 1989. RANDOLPH E. SCHMID (AP)

CDC: Tainted Beef Linked to Deaths

ROCHESTER, N.Y. | Contaminated fresh ground beef caused a possible E. coli outbreak that killed two people and sent 16 others to hospitals, federal health officials said Monday.

Twenty-eight people may have become ill after eating beef produced by Fairbank Farms of Ashville, N.Y., the Centers for Disease Control and Prevention said. They did not specify the states where people were hospitalized. (AP)



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Karzai Declared Afghan Poll Victor

Election commission gives president second term; runoff canceled

KABUL | Afghanistan's election commission proclaimed President Hamid Karzai the victor of the country's tumultuous ballot Monday, canceling a planned runoff and ending a political crisis two and a half months after a fraud-marred first round.

The Obama administration — which has been waiting for a government deemed legitimate to emerge in Kabul before announcing whether to deploy tens of thousands more troops — quickly commended the ruling.

"We congratulate President Karzai on his victory in this historic election and look forward to working with him" to support reform and improve security, the U.S. Embassy



Afghan President Hamid Karzai stands in front of an honor guard in Kabul, Afghanistan, on Monday. Karzai was declared the winner of the Afghan election.

said in a statement.

The cancellation of Saturday's vote came a day after former foreign minister Abdullah Abdullah announced he was pulling out of the Nov. 7 vote. Abdullah said the

ballot would not have been fair and accused the Karzai-appointed Independent Election Commission of bias.

The annulment is a huge relief to organizers who were scram-

MIXED REACTIONS

International leaders were quick to congratulate Karzai on his victory but also underlined important goals for the president:

- **PRESIDENT OBAMA** said he urged Karzai to make a "more serious effort to eradicate corruption."
- **BRITISH PRIME MINISTER GORDON BROWN** said he asked Karzai to encourage national unity.
- **FRENCH AND GERMAN LEADERS** urged Karzai to work with his rival to end the country's political rift. (EXPRESS)

bling to hold the election before the onset of Afghanistan's harsh winter, and to authorities who feared a wave of bloody violence on polling day after a Taliban spokesman threatened attacks against anyone who took part. HEIDI VOGT AND RAHIM FAIEZ (AP)



Evangelical Christians gather on Monday in Sao Paulo, Brazil, for a march.

1.5M Join 'Jesus' March in Brazil

SAO PAULO | More than 1.5 million evangelical Christians joined Brazil's annual "March for Jesus" on Monday, an event sponsored by the powerful Reborn in Christ Church, whose leaders recently returned after being imprisoned in the U.S. for money smuggling.

Now in its 17th year, the march unites faithful from hundreds of evangelical churches. Organizers said they expected 5 million people to gather around a central Sao Paulo plaza later in the day. (AP)

U.N. Seeks Response on Iran Nukes

UNITED NATIONS | The head of the U.N. nuclear agency urged Iran on Monday to clarify its response to a U.S.-backed proposal that would have Tehran ship most of its nuclear material abroad for processing.

Iranian officials sent mixed signals on the plan that would have Tehran export 70 percent of its enriched uranium and then have it returned as fuel for its research reactor, with the foreign minister saying Monday that option still exists and a senior diplomat sug-

gesting the opposite.

Addressing the U.N. General Assembly, Mohamed ElBaradei said "a number of questions and allegations relevant to the nature" of Iran's program remained.

"I therefore urge Iran to be as forthcoming as possible in responding soon to my recent proposal ... which aimed to engage in a series of measures that could build confidence and trust," ElBaradei said in his final address before stepping down as chief of the International Atomic Energy Agency. (AP)

HEARSAY | MIDEAST DIPLOMACY

"This offer falls far short of what we would characterize as our position or what our preference would be."

—HILLARY RODHAM CLINTON, SECRETARY OF STATE, ON MONDAY IN MOROCCO, MODERATING HER PRAISE FOR ISRAEL'S OFFER TO RESTRAIN BUILDING SETTLEMENTS IN PALESTINIAN AREAS.

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Ukraine Rushes to Fight Swine Flu

Government closes all schools for a week to avoid illness' spread

KIEV, UKRAINE | Urging its citizens not to panic, Ukraine on Monday closed all schools nationwide for a week to avoid the spread of swine flu and suggested that nightclubs, cinemas and food markets in the west also shut down.

The World Health Organization said Monday there was no

evidence that Ukraine had a bad outbreak of swine flu, but at the government's request it had sent a health team in to help the country cope.

"But this is not an indication that the situation is severe," said WHO spokeswoman Liuba Negru. "The information we have gotten [from the government] — we have to double-check it and make sure it is real, evidence-based information."

In western Ukraine, local



Ukrainian PM Yulia Tymoshenko holds packs of Tamiflu at the airport in Kiev.

ALEXANDER PROKOPENKO/AP/GETTY IMAGES

70

The number of people who have died of the flu in Ukraine, the country's health ministry said on Monday. It was unclear how many of those deaths were related to swine flu.

authorities advised people to travel only when necessary, a Health Ministry spokeswoman said.

Some observers, including the speaker of the parliament, Vladimir Litvin, suggested that these measures are the result of political wrangling ahead of the country's presidential election in January.

The pivotal vote could overturn the 2004 Orange Revolution that swept a pro-Western government to power.

"We are seeing a political competition to see who will be the first to lead this process of fighting swine flu," Litvin said, according to the UNIAN news agency.

Prime Minister Yulia Tymoshenko met a Swiss shipment of antiviral drugs at the Kiev airport on Monday. "The government has declared the situation an epidemic, but there is absolutely no need to panic," she declared on national TV. SIMON SHUSTER AND YANA SEDOVA (AP)



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Bomber Kills 35 Near Islamabad

Attacks prompt U.N. to halt non-emergency aid near Afghanistan

RAWALPINDI, PAKISTAN | A suicide bomb killed 35 people near Pakistan's military headquarters Monday and a second blast wounded several police, continuing a wave of terrorism that prompted the United Nations to suspend long-term development work near the Afghan border.

The rash of attacks by Islamist militants has killed at least 300 people across Pakistan over the past month — including 11 U.N. workers — and threatened to destabilize



A Pakistani army soldier stands in front of ambulances that are parked at the scene of a suicide bomb explosion outside a bank in Rawalpindi, Pakistan, on Monday.

ANJUN NAVEED/AP

the nuclear-armed nation.

The violence has grown bloodier since the government launched an anti-Taliban offensive in mid-October, pushing into the underdeveloped tribal region of South Waziristan. The U.N. decision to suspend non-emergency aid could weaken efforts to counter the appeal of extremism by improving ordinary people's daily lives.

The first suicide bomber Monday killed 35 people outside a bank near Pakistan's military headquarters in Rawalpindi, just a few miles from Islamabad.

Most of those waiting in line were from the military, said Mohammad Mushtaq, a wounded soldier. (AP)

Pirates Battle Over U.K. Couple

MOGADISHU, SOMALIA | Rival pirates and militia groups have fought for control over a British couple held hostage for more than a week, an Islamic militia commander and a local elder said Monday. The couple were not injured.

Elders sent local fighters to thwart an attempt by some of the pirates holding the couple to take them to an extremist Islamic group, said a commander of a rival moderate Islamic militia who gave his name only as Ilka'ase.

"We did not want the pirates to use our territory to hold hostages or hand them over to another group," said Hussein Mohamed Kahiye, a clan elder in Bahdo, Somalia. (AP)

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‘Please Do Not Threaten the Staff’

Temper flare at area clinics due to H1N1 vaccination shortage

The staff at Capital Area Pediatrics is at the sharp end of the nation’s vast swine flu vaccination push. They have been screamed at and cussed at, and some have contracted the virus themselves. One has already ditched the job.

“We are receiving an unprecedented amount of verbal abuse and threats to the staff at the front desk,” Elizabeth H. Watts, the Northern Virginia practice’s medical director, wrote in an urgent appeal to patients.

“If we have staff quit, we will not be able to provide you with the service your family deserves. Please do not yell at or threaten the staff in any way.”

Parents clogging the phone lines seeking the vaccine are com-



At Capital Area Pediatrics in Ashburn, Va., the H1N1 flu vaccine is a hot commodity. The practice has received several threats from patients over the vaccine’s availability.

peting with hundreds of patients who already have swine flu, enraging both. Employees have ended up in tears. “They’re just ... they

feel like they don’t need it,” Watts said of the stress.

For the past two weeks, thousands of people have been engaged

in a fevered call-a-thon in the District, Maryland and Virginia, bombarding doctors’ offices with queries even though doctors don’t know when they will get more — or any — of the H1N1 vaccine.

It’s a confluence unlike any Watts has seen in 22 years. And it has turned the basic act of trying to be clear with patients into a minute-by-minute test.

“It’s all hitting together,” Watts said. “Parents are concerned and scared and want to do the best thing they can for their kids, so when they call, it takes a long time to answer their questions, which means that the sick people can’t get through on the phone. It’s the hopelessness of feeling like no matter what you say, you can’t calm their fears about the H1N1 and flu in their children, and the fact that they want the vaccine immediately is one thing you can’t fix.”

MICHAEL LARIS (THE WASHINGTON POST)

The Lotteries

Monday, Nov. 2

DISTRICT

Mid-day Lucky Numbers	7-4-4
Evening Lucky Numbers (Sun.)	6-6-4
Mid-day DC 4	7-3-3-5
Evening DC 4 (Sun.)	3-8-3-0
Mid-day D.C. Five	0-1-3-5-1
Evening D.C. Five (Sun.)	2-2-5-2-6
Daily 6 (Sun.)	5-6-27-29-31-32 (34)

MARYLAND

Mid-day Pick 3	5-6-2
Evening Pick 3 (Sun.)	0-2-8
Mid-day Pick 4	2-8-4-4
Evening Pick 4 (Sun.)	9-6-0-2
Match 5 (Sun.)	1-5-7-25-34 (24)


VIRGINIA

Mid-day Pick 3	9-4-5
Evening Pick 3 (Sun.)	0-9-3
Mid-day Pick 4	9-7-2-8
Evening Pick 4 (Sun.)	9-0-4-7
Mid-day Cash 5 (Sun.)	2-15-16-25-29
Evening Cash 5 (Sun.)	2-3-24-25-34

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.



TRANSIT Expect Delays Metro says subway riders should expect delays of up to a half-hour on weeknights this month as the transit agency makes repairs Sunday through Thursday from 9:30 p.m. to midnight. Customers should expect delays of 20 to 30 minutes on the Red Line between the Medical Center and Grosvenor-Strathmore stations, on the Orange Line between the Cheverly and New Carrollton stations, and on the Blue Line between the Stadium-Armory and Addison Road-Seat Pleasant stations. (AP)



WHO KNEW? U.S.
Education officials say federal stimulus funds have helped create or save more than 4,500 jobs at public schools and colleges in Virginia. (AP)



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Local

Kaine Compares Hopefuls

Gov. draws sharp line between McDonnell, Deeds as candidates

RICHMOND, VA. | On the eve of the election, Gov. Tim Kaine drew sharp ideological comparisons between the two candidates competing to succeed him.

Addressing about 200 Virginia Commonwealth University students Monday, Kaine said "a sharp comparison" exists between Democrat Creigh Deeds and Republican Bob McDonnell.

He accused McDonnell of trying to run as a moderate but told the crowd, "Don't you believe it."



DON PETERSEN/AP

Kaine said a "sharp comparison" exists between the two hoping to succeed him.

In a post-rally interview, Kaine also noted that McDonnell fought him on his first executive order,

which prohibited job discrimination on the basis of gender and sexual orientation.

McDonnell and Deeds made closing arguments Monday in campaign rallies across the state. Recent polls show Deeds trailing McDonnell by a minimum of 11 points and as many as 18.

BOB LEWIS (AP)

Va. Election Coverage

→ For a full analysis of Virginia's Tuesday elections during the day, be sure to follow the Post's Virginia Politics and Race to Richmond blogs | washingtonpost.com/local

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Randle El Replaced for Returns

DeAngelo Hall will take over punts; Davis Redskins' primary TE

REDSKINS | Emerging from the bye week, the Redskins plan to make some personnel changes before this weekend's game at Atlanta, none bigger than replacing punt returner Antwaan Randle El with DeAngelo Hall.

Danny Smith, special teams coordinator, will focus this week on helping Hall prepare to handle the majority of returns against the Falcons, and Santana Moss is expected to continue as a change-of-pace returner.

When asked about the move after practice at Redskins Park, coach Jim Zorn said a final decision has not been made but acknowledged "one of the things that's going to happen is we're going to get another guy involved



The Redskins have replaced Antwaan Randle El — shown fumbling a punt against the Chiefs — with cornerback DeAngelo Hall for primary return duties Sunday.

in punt returning and that's going to be DeAngelo."

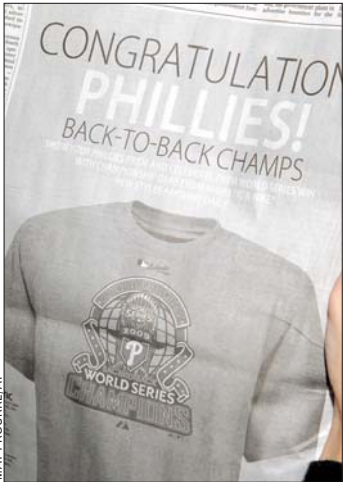
"We're going to try to get him more and more reps," Zorn said. "I've been trying to get Santana

at least a couple of punt returns a game, and I'm going to continue that. You're still going to see Antwaan out there, but it'll be a little more flipped."

While that change is one of necessity for the Redskins, another is prompted by injury. While Chris Cooley recovers from ankle surgery, Fred Davis will be the team's primary tight end.

Though Davis, a second-round pick in the 2008 draft, had 78 yards and a touchdown after Cooley went down against Philadelphia, Davis knew he'd need to improve his pass-blocking. So, he cancelled plans to fly home and instead called tight ends coach Scott Wachenheim, asking him whether he'd remain in Ashburn during the bye week.

"We just went through the fundamentals," said Wachenheim. "From stance, steps, hand placement, eye placement — things you would teach a Pop Warner football player. Just started back at square one and just started building on that." RICK MAESE AND JASON REID (THE WASHINGTON POST)



A Macy's ad in the Philadelphia Inquirer calls the Phillies World Series winners.

Newspaper Apologizes For Bad Ad

Philadelphia Inquirer congratulates Phillies on World Series win

BASEBALL | A Philadelphia newspaper has apologized to readers for mistakenly running an ad congratulating the Philadelphia Phillies on winning back-to-back World Series titles.

The Yankees held a commanding 3-1 lead in the championship as of Monday, the day the ad ran in the Philadelphia Inquirer.

The three-quarter-page Macy's ad is on the back of the front section and features a T-shirt with the Phillies' logo, the commissioner's trophy and the phrase "Back-To-Back World Series Champions." The Inquirer released a message to readers saying the paper deeply regrets the error. (AP)

Late Game: Monday's Yankees-Phillies World Series game ended after Express' deadline. For results, go to washingtonpost.com/sports.

Browns Owner 'Sick' Over Team

FOOTBALL | Browns owner Randy Lerner says he is "sick" about the state of his NFL team but he will not make a coaching change.

Cleveland dropped to 1-7 after Sunday's 30-6 loss in Chicago.



Lerner

Afterward, an upset Lerner told the Cleveland Plain Dealer and Akron Beacon-Journal that he would not fire coach Eric Mangini during the club's bye week. Lerner did say he would like to bring in a "strong, credible, serious leader" to help run his team.

Lerner did not expand on who that person might be or whether that person currently worked for the Browns. He recently brought in former Browns quarterback Bernie Kosar in a consulting role. (AP)

Goodell to Seek Labor Law Change

NFL commissioner wants to protect CBA from state challenges

FOOTBALL | NFL commissioner Roger Goodell plans to ask Congress for legislation that would protect collective bargaining agreements from state law challenges, like the one that led to the blocking of the suspensions of two players who used banned substances.

Goodell will ask for an amendment to the Labor Management Relations Act at a congressional hearing Tuesday. His testimony was obtained by The Associated Press.

The NFL had attempted to



Goodell called into question the viability of the NFL's steroid testing policies.

suspend two Minnesota Vikings players Kevin Williams and Pat Williams for violating its anti-doping policy. But last month, a federal appeals court essentially

allowed them to continue playing while the players' lawsuit is in Minnesota court.

Goodell says that "called into question" the viability of the NFL's and other sports league's steroid policies.

"Professional athletes and their collective bargaining representatives should not be permitted to manipulate state statutes as a means to gain a competitive advantage," Goodell said.

He also criticized the NFL Players Association.

"With the help of the NFLPA, the Vikings players have been able to prolong their litigation for almost one year now," Goodell said. (AP)



SOCCER Consolation Prizes D.C. United MFs Ben Olsen and Chris Pontius Monday were named finalists for MLS year-end awards — Olsen for comeback player of the year and Pontius for rookie of the year. Olsen started 18 league games — a year after missing all but one with ankle trouble — and Pontius tallied four goals and three assists in MLS play in his first season out of UC-Santa Barbara. Los Angeles MF Landon Donovan, New England MF Shalrie Joseph and Dallas F Jeff Cunningham are up for MVP.

Sports



GREG HUME/GETTY IMAGES

Alex Ovechkin — shown warming up before Sunday's game — appears likely to miss Wednesday's Devils game due to an injury.

Ovechkin May Miss Game

Undisclosed injury could scratch forward from Devils matchup

CAPITALS | Alex Ovechkin's upper-body injury doesn't seem serious, although he appears likely to miss at least one game.

Washington Capitals coach Bruce Boudreau indicated Monday that Ovechkin could miss Wednesday's game at New Jersey but could return for the home-and-home against Florida on Friday

and Saturday.

"I would venture to guess that he's more probable for the weekend than he is for Wednesday," Boudreau said.

Boudreau offered few other details about the injury, which forced Ovechkin to leave in the second period of Sunday's overtime loss to Columbus. Ovechkin appeared to hurt his left shoulder or left arm during a scrum that started when he was bumped by Jason Chimera, and he responded with a shove.

Later in the period, Ovechkin became tangled with Raffi Torres and fell to the ice. Ovechkin got up grimacing and gingerly skated to the locker room.

The Capitals did not practice Monday, but Ovechkin was at the practice facility for treatment. Boudreau said the injury did not require an MRI.

Ovechkin has missed only two games due to injury since coming to the NHL in 2005. Ovechkin led the league in goals (14) and points (23) through Sunday's games. (AP)

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Sports

Harangody Leads AP Team

Notre Dame senior gets most votes for All-America squad

COLLEGE BASKETBALL | Luke Harangody should get used to being on top of lists.

The senior forward from Notre Dame was the leading vote-getter Monday on The Associated Press' preseason All-America team, and if he has the type of season he usually does, he will become the leader for his school and conference in scoring and rebounding.

The 6-foot-8 Harangody received 57 votes from the 65-member national media panel and was followed in the balloting by Kansas teammates Cole Aldrich and Sherron Collins.

They are the sixth set of teammates selected for the preseason team, which began in 1986-87,



Luke Harangody, a senior forward at Notre Dame, was the leading vote-getter for the AP preseason All-America team. The 6-foot-8 Harangody received 57 votes.

and the second from Kansas, joining Raef LaFrentz and Paul Pierce in 1997-98. Junior forwards Patrick Patterson of Kentucky, who had 35 votes, and Kyle Singler of Duke, who had 30, rounded out the team announced Monday. (AP)



NBA Re-Up for Rondo ESPN is reporting that the Boston Celtics and point guard Rajon Rondo have agreed to a contract extension. According to a source, the 23-year-old will sign a five-year, \$55 million deal. Rondo averaged 11.9 points, 8.2 assists and 5.2 rebounds per game last season.

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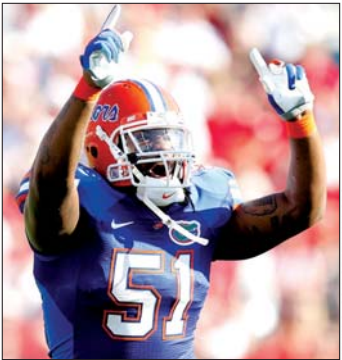
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Sports

In Brief

COLLEGE FOOTBALL
Florida Player Suspended
For Eye-Gouging Incident

Florida coach Urban Meyer has suspended Brandon Spikes for the first half of Saturday's game against Vanderbilt after the star linebacker attempted to gouge the eyes of Georgia running back Washaun Ealey in a 41-17 victory. Meyer says Spikes was retaliating after his eye was poked earlier in the game. Spikes is fourth on the



Brandon Spikes tried to gouge the eyes of Georgia's Washaun Ealey Saturday.

team with 42 tackles and has three sacks. (AP)

COLLEGE BASKETBALL
Ex-Kentucky Coach Fined
After Pleading Guilty to DUI

Former Kentucky coach Billy Gillispie pleaded guilty Monday to driving under the influence of alcohol. Gillispie entered the plea Monday in Anderson County and received the maximum fine for a first-time offense. Gillispie was ordered to pay fines and court costs of \$1,000, his license was suspended for 30 days and he has to complete an Alcohol Drivers Education Program. Gillispie was fired this year after a rocky two-year tenure with the Wildcats. (AP)

HOCKEY
Bankruptcy Judge Approves
Sale of Coyotes to NHL

A federal bankruptcy judge has given his approval to the sale of the Phoenix Coyotes to the NHL. Judge Redfield T. Baum agreed to sign the sale order on Monday after attorneys made minor modifications to the deal. None of the changes altered the NHL's agreement to pay about \$140 million to buy the team from owner Jerry Moyes. The only party who didn't join in the agreement is former coach Wayne Gretzky, who owned a small portion of the team. (AP)

TODAY'S TV LINEUP

WIZARDS (7 P.M. ON CSN) LeBron James and the Cleveland Cavaliers host the Wizards.
COLLEGE FOOTBALL (7 P.M. ON ESPN2) Bowling Green travels to Buffalo in a Mid-American Conference battle.
HOCKEY (7 P.M. ON VERSUS) The Bruins head to Joe Louis Arena to skate against the Red Wings in an inter-conference NHL matchup.
SOCCER (2:30 P.M. ON FSN) Legendary European clubs Real Madrid and AC Milan face off for the second time in the Champions League this year.

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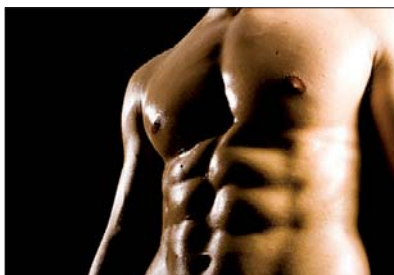
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Four exercises to
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swap in some sweet
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that suits your diet **E6**



Meet the band that
aims to cure cancer
through its music **E7**

Mya's Moves

THE SEXY SINGER REVEALS
HER 'DANCING WITH THE STARS'
TRAINING SECRETS **E4**



COURTESY ABC

BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Getting to the Answer May Require Digging

Q My boyfriend of several years has begun to hate his job and wants to become an archaeologist. History is one of his hobbies, and he reads all the magazines and books about it. He knows he can't just quit and switch jobs; he'd have to go back to school. All this makes him even more irritable, which is starting to affect our relationship. I've tried to get him to do some history writing and other activities that I hoped would give him an outlet until he can pursue it full time. It hasn't worked, and he keeps getting more frustrated. I love him and want to be supportive of him, but I'm worried that his growing stress and anger will mean he'll risk losing his job and our relationship. How



BENDEPENDENT.COM

can I cheer him up and be supportive but at the same time persuade him to see the bigger picture? – FRUSTRATED

Sometimes it's easy to get so obsessed with an idea — espe-

cially when Indiana Jones is involved — that the actual steps needed to achieve it get lost along the way. You're being supportive in the right ways, by encouraging him to do something tangible to move forward. Clearly, though,

he's overwhelmed and getting defensive. I even wonder whether he's depressed. Help him set even smaller, realistic goals on a weekly basis that he could move toward. If the real problem is that he is incapacitated by his job misery, he'll have to refocus on getting into another job, even if it's temporary. But the more irritable he gets, the more I'm convinced he could be helped by regular counseling just as much as career counseling.

Any Room on That Couch?

Q My wife had an affair within the first year of our marriage. She claims that she is sorry, and she has been seeing a therapist for two years to deal with the supposed issues that made her cheat in the first place. The problem is I don't see much change in her. She still has the same coldness and distance that I think led to this problem in the first place. She gets very defen-

sive when I try to talk to her about it. But I really don't see how this won't happen again, despite what she says. — STUCK, IN VA.

I can understand your concern, as it sounds like the affair — like a scaly rash — was a symptom of an underlying problem that hasn't gone away. Her attempt to work on this in therapy is admirable, but you have the right to expect that intimacy should have improved, rather than stagnated. Ask her whether there's a possibility that you can meet with her therapist with her for a session or two, and then to possibly be referred to another couples therapist. Indeed, you can't expect your trust to automatically grow back. You need signs real change is happening — and she needs to commit to showing you those signs by letting you in.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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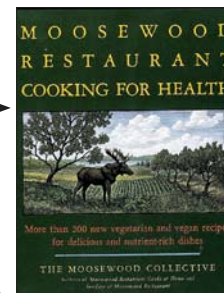
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If the contestants on "Top Chef" had "Moosewood Restaurant Cooking for Health" (\$24.99, Simon & Schuster), they would have aced last week's veggie challenge. There's no flesh in any of these 200 hearty and wholesome recipes, which showcase superfoods while nixing refined sugars and carbs.

**HOT SHOTS**

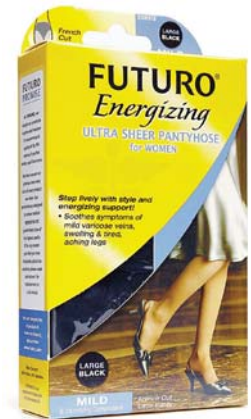
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Fila's stretching its product line to include new yoga items. This floral tote (\$49.99, Dick's Sporting Goods stores) has straps to hang a mat below, dual side pockets for water bottles and plenty of space inside for black pants.

**GUINEAPIG****Secret Powers
Under Your Skirt**

■ Coal in your stocking is not a good surprise. But who wouldn't be psyched to find out that Futuro's Energizing Ultra Sheer Pantyhose (\$15.99, Walgreens.com) doesn't just keep your legs warm under skirts? It's well-disguised compression hosiery that promises to boost circulation, energize your legs and give you a massage as you move.

Unfortunately, the extra tightness makes them trickier to put on than regular hose, and the color of a black pair faded in splotches down our legs. If you suffer from varicose veins, the aggravation may be worth it, but otherwise, the most energizing thing is slipping them off. VICKY HALLETT (EXPRESS)

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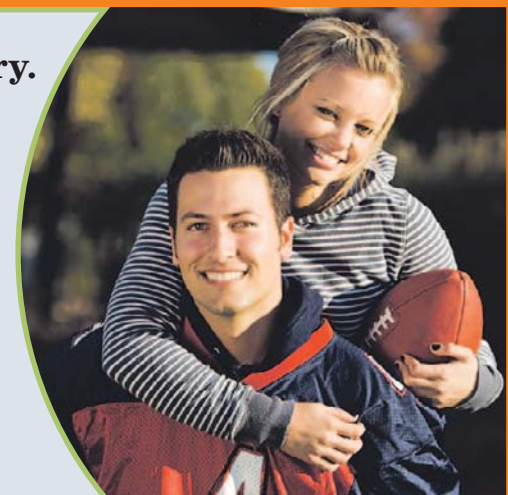
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More Than Just Strictly Ballroom

■ The rigorous “Dancing With the Stars” schedule is sure to get anyone in shape—and probably injured—but the way most folks practice ballroom doesn’t build up enough of a sweat. At least, not for Todd Borzych. That’s why the pro competitor and performer developed DanceSport Endurance (Dancesportendurance.com), a form of ballroom instruction you can learn solo while focusing on fitness.

“Ballroom and Latin dances lacked a regimented workout,” explains the former military officer who discovered dance after years of studying Tae Kwon Do. So, he borrowed from his earlier training to tack on warm-up, strength conditioning and ab toning sections to traditional choreography from 13 dances, including waltz, Quickstep, cha-cha and merengue.

And once you’re comfortable with that, you can try it with a partner, and sign up for one of his “boot camps”—seven-straight days of instruction on the same dance. That’s probably as close to the real “Dancing With the Stars” experience as anyone would actually want. Plus, it helps promote Borzych’s other goal: “I want to make the dancing world bigger in this city.”

The program is currently offered in classes across Northern Virginia, and he continues to train other instructors to teach his techniques, so expect the number of classes locally to grow. But if you can’t make it in person, there’s also his DVD (\$19.95). He plans to have a second available by Christmas. v.h.



COURTESY ABC

Dmitry might be more in control of the choreography, but Mya gets to be queen of the costumes. “It sets the mood,” she says.

A Ballroom Star Is Born

Endless practice and hot stone massages keep Mya dancing

When the names of this season’s “Dancing With the Stars” contestants were announced, D.C. flipped over the appearance of Tom DeLay. But now that he’s damaged goods (stress fractures in both feet forced him to go bye-bye), Washington can focus on its real star: Mya.

The 30-year-old singer/actress was born and raised in this town, and she’s doing us proud by con-

sistently scoring high marks. Her favorite part of the process: wardrobe. But she couldn’t put on any of the revealing, sparkly gowns if she didn’t practice day and night with partner Dmitry Chaplin.

How did you prepare for the show?

I only found out two weeks ahead of time. So, I started doing cardio, some boxing exercises and running outside with my dog. But I haven’t been back in the gym since.

Because your schedule must be crazy now, right?

Yes, we start early Monday mornings — 7:45 a.m. — with hair and makeup, fittings, consultations,



COURTESY ABC

Mya and Dmitry Chaplin rehearse their dance steps for up to 12 hours a day.

dress rehearsal. It’s a full day until the show ends. The next night we stay even later, and sometimes we’ll go straight from there until rehearsals. Initially, we were limited to five hours a day, but now we do up to 12 the rest of the week.

How rough is that physically?

Some dances have been more difficult on the body than others. We all got bruised up doing the tango. It’s a very close-held, intense dance. The jitterbug and jive were more physically demanding with the throwing and flipping. There’s a lot of impact on the legs and feet. So, my massages have increased to two days a week, and I’ve been seeing a doctor for realignment.



What’s your warm-up routine before you perform?

I don’t have one! We try to get it in, but sometimes there’s no time. I’ve learned to take hot stones and a kettle with me, so I can loosen up my body that way.

Have you felt any good changes in your body?

I definitely feel stronger, and, visually, I’m more toned. I feel like I could get in the ring and win a fight right now. Each dance triggers new muscle groups.

Has your tap dance background been useful?

It’s helped some, but it’s also been a disadvantage. Rhythm tap is percussion, so that’s helped me with the rhythm. Dmitry teaches me the rhythm of the dance first. If he teaches me the step, I have a much harder time learning it. I think of tap as a musical instrument. The posture isn’t there, and it’s not very feminine.

What goes through your mind when you’re dancing?

Some dances allow you to escape to cloud nine; others are more entertaining. The jive is high-energy and peps me up. The waltz puts you in a state of mind when tea parties were being held. I like both sides.

VICKY HALLETT (EXPRESS)

express | NOVEMBER 2009

health

YOUR GUIDE TO THE OPEN ENROLLMENT SEASON

Reform seems a long way off for workers facing higher costs **E3**



2010
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HOW TO CHOOSE WISELY DURING OPEN ENROLLMENT

Consumer-directed insurance plans are gaining popularity for their lower premiums, but it's important to weigh the risks **Plus:** The Washington Post's Michelle Singletary and David S. Hilzenrath offer advice on some of the season's most pressing benefits questions



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O P E N S E A S O N S T A R T S N O V E M B E R 9

A Season of Skepticism

As workers weigh health care choices, few have hope that reform will help them

Looking for happy faces? Don't go near employer health fairs in the coming months.

American workers are facing rising health insurance premiums for fewer services, and they are glum about the prospects for improvement as Congress mulls a health care overhaul and large employers nationwide start the fall period in which workers can change their coverage plans.

Workers and employers both are looking at higher health tabs for next year. And with proposed health care overhauls at least three years away, cynicism about the state of the nation's health care is running high. It's enough to give some insurance health fairs all the pizzazz of a dour mandatory lecture.

At a recent health fair for employees of the city and county of Denver, one of the dejected workers was 37-year-old Abraham Patino.

He's a father of two who walked out of the fair with his shoulders slumped after learning that next year, for the first time, his healthy family of four will have a health care tab higher than the home mortgage.

"In the 10 years I've worked here, it's doubled, like, four times," he said.

Patino has seen his premiums go from about \$90 a month seven years ago to \$352 a month next year. That doesn't include \$22 a month for an extra dental plan for his kids, plus a \$6.99 monthly charge for Patino's vision insurance.

The city pays an additional \$840 a month to cover the Patinos, bringing the total monthly Patino health care tab to more



A protester in Los Angeles captures the prevailing mood this open enrollment season, as workers face rising insurance costs.

than the family mortgage of about \$1,200.

Plenty of workers are looking at higher tabs this open enrollment season.

According to the Kaiser Family Foundation, the average worker contribution rose 128 percent between 1999 and 2009. A survey of employers found that 42 percent were at least considering raising employee contributions to their health coverage next year, and 37 percent were considering raising the amounts employees pay for prescription drugs.

Workers are also facing higher co-pays and deductibles. Counting those add-on costs, employees are likely to pay 10 percent more for the same coverage next year, according to Hewitt Associates, an Illinois-based benefits consultant.

Ballooning health bills workers are facing even prompted a recent warning from White House Press Secretary Robert Gibbs. He said open enrollment season

should prompt public support for a health care overhaul as workers see "the skyrocketing cost of health care."

Insurers say they are indeed seeing more interest from workers this open enrollment season.

Health coverage is a decision many employees used to shrug off, keeping the same coverage year to year even as premiums went up and coverage went down. But now, industry analysts say, open enrollment season is drawing a new level of interest from workers who see more of their paychecks going to health care.

They're skeptical Congress will come to the rescue.

"Do I think Congress is going to do anything about it? No. Everybody's been complaining about the prices going up forever, but nobody cares," Patino said.

The Associated Press visited several health fairs and saw similar reactions from employees — instead of raised voices over the

higher contributions, there was quiet resignation.

The insurance industry is seeing the workers' cynicism. More employees are asking questions about their coverage and attending open enrollment seminars to ask what they can do to lower their premiums.

"In the past, people used to spend more time planning their vacations than their health benefit options. But we're seeing this changing because it makes such a difference in people's bottom lines," said Helen Drexler, director of large-group account management for Anthem Blue Cross and Blue Shield in Colorado.

Not that workers think there is any hope in sight for lowered health care costs. Kerdie Bates, 55, is a sheriff's deputy who's worked for the city and county of Denver for 31 years. Now getting ready for retirement, Bates decided to change insurers next year to avoid \$1,300-a-month premiums.

"I'm retiring in November, so my health care costs are just going through the roof," said Bates, whose contribution goes up to \$250 a month next year for her and her retired husband.

Does Bates hope Congress is going to help? She chuckled. "I think they'll blow it," Bates said.

Not only are costs going up, but large employers are also giving workers more choices. That makes open enrollment season increasingly important as employees are left to make sense of a confusing menu of coverage options.

“Everybody's been complaining about the prices going up forever, but nobody cares.”

For example, do they have a kid who needs braces, leading them to a plan that covers orthodontia? Or should they pick a high-deductible plan to lower monthly payments? And can they pare health costs by signing up for new wellness incentives employers are offering, such as incentives to quit smoking, lose weight or join a gym?

"In the good old days, employers generally paid 100 percent of the premium, so when workers got health insurance coverage, it was, 'Well, here you go,'" said Dallas Salisbury, president of the non-profit Employee Benefit Research Institute, based in Washington. "Now, there's a great deal more complexity in the decision-making and in the options."

Some employees say none of the options is that great. Susan Young, a 17-year Denver employee, said the higher health costs are just the latest bad news for workers. She seemed defeated after mulling her options for new plans at a separate city insurance fair.

"It's just, you know, when we're taking furlough days next year — when no one's getting a raise, no one's getting a bonus, we're not getting promotions — then you're hit with this," she said, shaking her head. KRISTEN WYATT (AP)

The Deductible Dilemma

Plans that offer lower premiums come with the risk of massive bills if illness strikes

Workers may need to do more homework when they evaluate their health coverage options this fall.

This year, more employers may include a new type of plan that can chop premium payments by nearly 20 percent and give consumers a tax break.

The trade-off is higher deductibles, which have the potential to swamp customers with big bills. The plans, called consumer-directed health plans, vary from employer to employer and require careful comparison with other choices before making the switch.

These plans have been around for several years, but more employers are considering offering them as health costs rise and the recession fosters a new push to cut costs. Employees could see these higher-deductible plans among their choices for the first time as open enrollment, the annual window when businesses allow employees to adjust their coverage, begins at many companies.

A consumer-directed health plan typically pairs insurance that carries a high annual deductible with an account fed either by an employer or by the employee through pre-tax contributions to help cover costs.

The deductibles — which start at about \$1,200 a year and can approach \$10,000 for family coverage — make the customer pay more money out of pocket for care before most coverage starts. The idea behind this insurance is to give clients an economic incentive to spend carefully, while providing protection from devastating medical bills. Some plans also provide annual physicals and other



People who use little health care may benefit from the tax benefits and lower premiums of a consumer-directed health plan.

screenings at no cost to patients to encourage basic and preventive care that could stave off bigger bills down the line.

Some employers help cover the out-of-pocket costs by funding what's called a health reimbursement arrangement for employees to tap. The money belongs to the company and stays with it if an employee leaves.

A common alternative is to offer health savings accounts. Employees can deposit pre-tax dollars to cover medical expenses not covered by insurance. Some employers contribute to these HSAs. Unused money grows in the account, which belongs to the worker and is portable if he or she changes jobs.

A consumer-directed health plan can help people on both extremes of the health care spend-

“My wife and I are not sick very often, and we don’t go to the doctor very often, so it’s covered everything.”

—JIM GREEN,
ON HIS HSA-BASED INSURANCE PLAN

ing spectrum, but it can be risky for some who fall in between or for those who don’t fund their HSA, financial planners and insurance brokers say.

“It doesn’t fit most people,” said Jon Beyrer, vice president of wealth management for Blankinship & Foster, a Solana Beach, Calif.-based financial advisory firm.

The plans offer premiums that are, on average, about 19 percent cheaper than the cost of more common insurance plans with lower

deductibles, according to statistics from the Kaiser Family Foundation and the Health Research and Educational Trust.

People who use little health care can benefit from that price break and build up their HSA accounts. Plus, they earn unique tax benefits.

Money deposited in the accounts is either taken from your paycheck before taxes or it can be a deduction; it grows tax-free; and then it is not taxed when taken out for qualified medical expenses.

“There’s no combination like that in any other savings vehicle,” Beyrer said.

People who use a lot of health care can benefit because HSA plans come with limits set by the government for how much money a customer spends out of pocket each year. Next year, that will be

\$5,950 for individuals and \$11,900 for family plans, counting the money you spend on the deductible. Out-of-pocket maximums are typically listed in the insurance benefits summary.

Depending on a plan’s coverage, these lower limits could help someone with a chronic condition such as heart disease or diabetes,

Workers may view consumer-directed plans as a major slash in benefits — which they can be.

or someone who needs expensive medications, said Paul Frontsin, director of the health research and education program for the non-profit Employee Benefit Research Institute.

It’s the people in between who really have to think hard about risk and what their plan offers. These plans can be a poor fit for people with tight budgets and little savings. Out-of-pocket expenses can pile up quickly.

“I would be worried about somebody who’s really having a hard time making ends meet, switching to a higher-deductible plan if they also had health issues,” Beyrer said.

On the flip side, Jim Green hasn’t paid a dime for health care since signing up a couple years ago for HSA-based insurance through his employer, Indiana’s state government.

Green, 56, said the state pays his entire premium and contributes about \$1,500 to his account every year.

When he visits the doctor, he simply pulls out a charge card that takes money from the company-funded account.

“My wife and I are not sick very often, and we don’t go to the doctor very often, so it’s covered everything we’ve had,” he said.

Consumer-directed plans have become more popular in recent

CONTINUED ON E6



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Deductible

CONTINUED FROM E4

years with many businesses that offer coverage. Benefits consultants say companies like the lower premiums and the fact that these plans encourage workers to use the plans more judiciously.

Runaway health costs are at the heart of the debate in Washington to overhaul the nation's health system. Businesses would like to see something emerge that lowers expenses.

Workers can view consumer-directed plans as a major slash in benefits, which they can be depending on how much an employer sacrifices coverage to cut costs. This can make companies reluctant to offer them.

Many workers also are scared off by the high deductible without considering the entire plan, said Ken Ambros, senior managing director with Equity Risk Partners Inc., a consultant that works with medium-sized companies.

"It's complex and it's difficult, and you end up taking a black eye even if you've done it for good reasons," he said.

Workers typically stick with their current benefits plan if cost increases aren't too painful, said Blaine Bos of the consulting firm Mercer. Existing plans generally involve coverage with a higher premium, modest co-payments and a deductible of a few hun-

dred dollars.

"You know how it operates; you know how it's covered and what's covered," Bos said. "You're comfortable with the amount of out-of-pocket [costs] you have to pay."

Business owner Don Ehlerding faced annual premium increases as high as 20 percent until he switched to consumer-directed

Workers typically stick with their current benefits plans if cost increases aren't too painful.

health plans a few years ago at his Fort Wayne, Ind., motorcycle dealerships, which employ about 30 people.

Increases have since been between 8 percent and 10 percent.

"That's the only thing we've been able to do to control premium costs," he said.

The slumping economy hurt sales at his business, Motorsports Inc., and he's thinking of offering only health savings accounts next year.

"We're just trying to survive this recession," he said. "Sometimes you just have to provide the best that you can that works best for the whole team." TOM MURPHY (AP)

BY THE NUMBERS

The Consumer-Directed Option

➔ In 2009, the average annual premium for employer-sponsored family coverage outpaced inflation to rise 5 percent for the third-straight year, topping \$13,000 for the first time, according to Kaiser. The cost of single coverage remained relatively flat. The study did not include federal government employees.

➔ The percentage of employers with more than 1,000 workers who offer a consumer-directed plan climbed from 10 percent in 2005 to 28 percent this year. That figure jumped from 4 percent to

18 percent over the same span for companies with 200 to 999 workers.

➔ The Kaiser study also found that 31 percent of employers offering benefits but not a consumer-directed plan were "somewhat likely" to provide one next year. Another 11 percent said they were "very likely" to provide a consumer-directed plan.

➔ Several benefits consulting firms see similar spikes in interest. But the percentage of businesses that commit to these plans often drops after companies see final insurance prices. (AP)

Know Your Options

More workers are likely to be offered a health insurance option that offers a lower premium but could mean higher out-of-pocket costs during enrollment season. Here are some tips for evaluating these new plans, called consumer-directed health plans, and the alphabet soup of options this open enrollment season.



What's a consumer-directed health plan?

This is insurance that typically carries a premium lower than traditional coverage, but the trade-off is accepting a deductible that tops \$1,200 and can stretch as high as \$10,000 for some family plans. Typically, that deductible must be paid before insurance coverage starts.

That can mean paying for bills for blood tests, X-rays or a doctor's office visit in full instead of the usual \$20 co-pay many have become accustomed to. Consumer-directed plans are paired with a special account to help manage these expenses. The most common are health reimbursement arrangements (HRAs) and health savings accounts (HSAs).

How do I tell an HRA from an HSA?

An HRA is an employer-funded account that helps pay out-of-pocket expenses. That money belongs to the company and stays with it if the employee leaves.

In contrast, customers own health savings accounts, which allow people to set aside pre-tax dollars for medical expenses. They can keep unused money in the accounts and earn interest.

How do I know whether it's right for me?

The plans can vary widely from employer to employer, so a lot depends on what's offered. Financial planners say these plans gen-



Consumer-directed plans may backfire in the event of a major illness or injury.

erally work best for people who use little health care. Those customers can pay a smaller premium, receive a tax break on money they put in their HSA and build up that account.

The plans are a poor match for those who struggle to save money. "For people that are really on a tight budget and are close to being in financial trouble, that risk could push them over the edge," said Jon Beyrer, vice president of wealth management for Blankinship & Foster, a Solana Beach, Calif.-based financial advisory firm.

People with chronic conditions such as diabetes might wind up draining their savings accounts and being stuck with a high deductible every year.

But they also may benefit, depending on the plan's specifics. Many high-deductible plans come with a lower limit for how much the customer has to spend out of pocket each year. In those cases, such a plan helps someone who uses a lot of health care.

How should I evaluate a consumer-directed plan?

Start by comparing it to your current insurance coverage, some-

thing you should do anytime you consider a new plan.

Check for differences in premium payments and deductibles, which are listed in the benefits summary. Compare the coinsurance, too, because this can lead to big out-of-pocket costs. This is the percentage your insurer will pay for a bill after you meet your deductible.

Say you need a medical test that costs \$3,000, and you have coverage that pays 80 percent after you meet your \$1,000 deductible. If you've paid nothing yet toward that deductible, that means a bill totaling \$1,400.

Consider whether your employer contributes to the HSA and look for any fees that may be charged to maintain that account.

How much can I contribute to an HSA?

For 2010, customers will be able to set aside as much as \$3,050 in HSAs for individual coverage and \$6,150 for family plans. Account holders over age 55 can make increased payments until they reach Medicare eligibility, usually at age 65. Money can be taken from your paycheck before taxes. (AP)



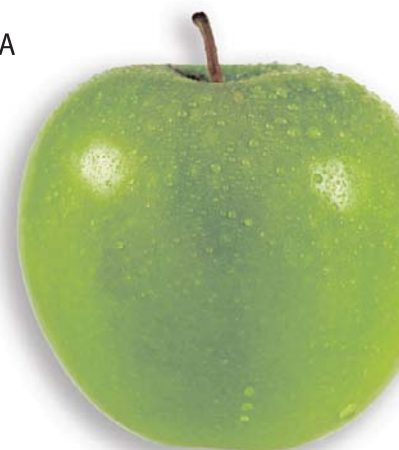
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Choose or Lose

Open enrollment can be a pain, but failing to do your homework could hurt even more

It's open enrollment season, which means it's time to determine whether you want to stick with your current health insurance plan or switch to another. You may have to decide about your employer-provided life insurance or disability insurance, or whether to sign up for legal or financial-planning services.

One thing you need to do for sure: Open the documents when they arrive in the mail, or read the information online. It's a pain, I know, but too many employees do nothing at all, allowing their employers to choose for them, typically signing them up for whatever they had the previous year.

Only 40 percent of employees actively make a decision about their open-enrollment choices, even if they choose to keep everything they had the year before, according to Hewitt Associates, a human resources consulting and outsourcing company. Do nothing, and you may end up with no health coverage, said Sara Taylor, Hewitt's health and welfare strategy leader.

"We are seeing a trend of more and more employers who are saying, 'If you do nothing, I'm going to change what you have and either choose for you or provide no coverage,'" she said.

Employers that make the choice for their employees may give them a grace period to respond. But after that, workers may be stuck with their choices from the year before, Taylor said.

Who knows what will happen with the health care reform effort now being debated in Congress? But we do know that coverage for many workers is going to cost more in 2010, no matter what. You can't



afford to ignore your open enrollment package.

More than four in 10 employers said they are raising deductibles, co-payments and co-insurance, according to another open-enrollment survey, conducted by the consulting firm Watson Wyatt.

Average health care premiums are expected to rise to \$9,120 next year from \$8,607 in 2009, according to Hewitt. Increasingly,

employers are shifting more of that cost to their employees — including their share of premiums and out-of-pocket expenses, which are expected to rise to \$4,023, compared with \$3,656 in 2009.

If you don't take the time to read through your benefits package, you might miss some important changes. You may find that your employer has reduced the number of health plans offered.

And this means you might have to switch physicians or pay higher out-of-network costs to keep the doctors you like.

Procrastinate, and you could also miss some perks.

Watson Wyatt found that employers are offering gift cards, cash and discounted premiums to workers and, in some cases, their spouses for undergoing a health risk assessment or participating in smoking-cessation, weight-management or fitness programs.

Hewitt research shows that most companies offer tools to help you go through your health care claims from the past year. With this information, you can figure out which plan is best going forward. Here are some tips from me and Hewitt to help you during open enrollment:

BEING TRIFLING CAN COST YOU:

Don't assume you will be put back into the same coverage you had last year. Although it's a low figure, 8 percent of employers move employees who do not make an active decision during enrollment to the highest benefit coverage levels, Hewitt found. And 10 percent, having heard nothing from an employee, don't sign him or her up for any coverage.

GIVE YOUR PLAN A CHECKUP: What

you had last year may not exist in your plan this year. Also, it's important to know which parts of your coverage worked for you and your family. A few questions you might want to ask yourself: How much did you spend on co-payments and out-of-pocket costs last year? Are your doctors still covered under your plan? Did you start seeing any new doctors who were not covered by your old plan?

GO OVER YOUR OPTIONS: "Many people spend more time shopping for a new refrigerator than they do selecting their benefits," Taylor said.

CONSIDER A CHANGE: Don't become so wedded to one plan that you don't even investigate other options. Plans change for the better and for the worse. For example, because of high HMO premium increases for 2010, many companies are dropping less efficient HMOs and adding other networks, Hewitt data showed. If you don't look carefully, you may miss that your employer has ejected your plan from last year. You can't assume that what you had will still be available.

The most important thing to remember: This isn't something you should put off. MICHELLE SINGLETARY (THE WASHINGTON POST)



GLOSSARY: OPEN ENROLLMENT'S KEY TERMS

Open enrollment season can come loaded with confusing terms. Here is a glossary of common words or phrases.

COINSURANCE: This is the percentage a patient pays for a medical service generally after a plan deductible is met, and it can vary by plan. Your insurer may pay 80 percent of the cost of your X-ray, and you pay the remaining 20 percent.

CONSUMER-DIRECTED HEALTH PLANS: These plans typically pair high-deductible insurance with a health savings account or an employer-funded health reimbursement arrangement to help manage out-of-pocket costs. They often give the customer a lower premium, but the customer must pay a high deductible before coverage starts. For plans with health savings accounts, that deductible must be at least \$1,200 for individuals and \$2,400 for family coverage next year. The idea behind them is to give customers an incentive to shop judiciously for health care.

CO-PAYMENT: Or co-pay, the flat dollar amount a

patient has to contribute toward the cost of a covered medical service. An example would be the \$20 charge at the doctor's office. These amounts are spelled out in insurance plans and don't vary based on charges the way coinsurance does.

DEDUCTIBLE: The annual amount a patient pays out of pocket for care before insurance coverage starts. This varies widely by plan. Insurance with high deductibles, which generally means \$1,200 or more, often comes with lower premiums.

FLEXIBLE SPENDING ACCOUNT (FSA): This lets employees set aside pre-tax wages for certain medical expenses not covered by insurance. The money must be used in the year it is set aside or it is forfeited.

HEALTH REIMBURSEMENT ARRANGEMENT (HRA): This is an employer contribution to certain medical expenses before deductible and coinsurance amounts are applied. These help the employee pay the higher out-of-pocket costs that come with a consumer-directed health plan.

The money in an HRA belongs to the employer.

That means the employer keeps the money in it when an employee leaves a plan or the company.

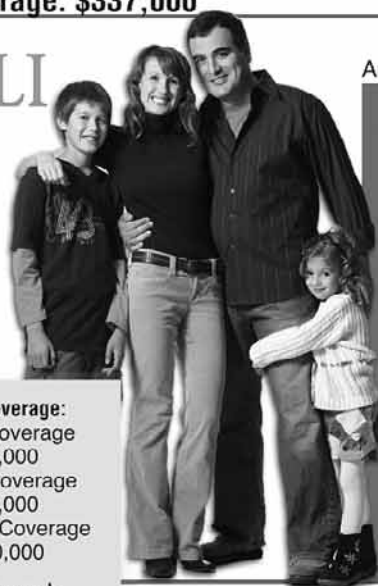
HEALTH SAVINGS ACCOUNT (HSA): Like the HRA, these also help people in consumer-directed health plans pay out-of-pocket medical expenses. Unlike HRAs, employees or customers own the HSA. They can deposit pre-tax money in the account, and some employers also contribute to them. Any unused balance grows, and the customer keeps the account when leaving a job. Next year, customers will be able to set aside as much as \$3,050 in an HSA for individual coverage and \$6,150 for family plans. Account holders over age 55 can also make increased payments until they reach Medicare eligibility (usually at age 65).

HIGH-DEDUCTIBLE HEALTH PLAN: These can come with lower premiums than traditional coverage, but the patient pays more out of pocket before coverage starts. High deductibles generally top \$1,200. If they are at least \$1,200 for an individual or \$2,400 for a family, the plan can be paired with a health savings account. (AP)

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WAEPA



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Get Smart About Your Plan

Confused by your insurance options? The Post answers your top questions

Confused by your insurance options this year, especially now that Congress is getting in on the act? The Washington Post's David S. Hilzenrath offers answers for some of the most pressing questions.

If my employer offers multiple options, how should I assess them?

First, take the time to study your choices. Even if you like your current plan, don't assume it will stay the same next year, says Nancy Metcalf, an editor at Consumer Reports.

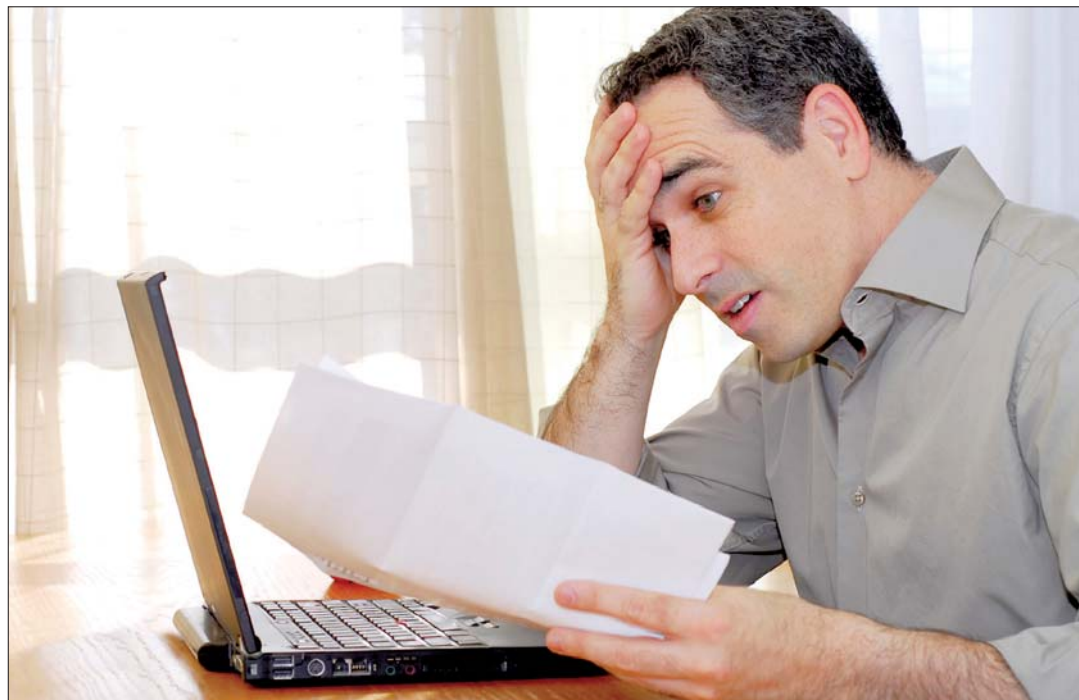
Look beyond the premium at features that affect both the value of the coverage and its affordability. Are the doctors and hospitals you favor in the insurer's network? How much would you pay out of pocket for office visits, hospital stays and drugs? Find out how each plan would handle any medications you take regularly.

Note the difference between co-payments, which are fixed amounts you pay out of pocket for certain items, and coinsurance, which requires you to pay a percentage of the bill. (There's a potentially huge difference between a \$20 co-payment and a 20 percent coinsurance charge.)

What services, if any, require advance approval by the health plan?

Are there annual or lifetime limits on what the health plans would pay? Are there limits on what you could be required to pay? Are any expenses excluded from such limits? For example, do co-payments and deductibles count toward your out-of-pocket limits?

Figure out how the competing



As Congress debates health care reform, consumers are left to grapple with confusing and expensive insurance options.

plans would cover any predictable medical needs, but don't stop there. Game out what would happen if you suffered a catastrophic illness or injury and suddenly required hundreds of thousands of dollars of coverage.

If premiums are rising and I'm healthy, does it make sense to try buying insurance in the private market instead of through my job?

Almost never, experts say.

If you take the coverage your employer offers, there's a good chance your employer will pay most of the premium. This year, on average, employees are responsible for only 17 percent of the premium for single coverage and 27 percent of the premium for family coverage, according to a survey by the Kaiser Family Foundation and the Health Research & Educational Trust. That means that for average family coverage, employers are contributing \$9,860 of the \$13,375 annual premium, and for

average single coverage, employers foot \$4,045 of the \$4,824 tab. If you buy your own coverage, you'd be forfeiting that benefit.

Before you pass up the chance to enroll in employer-sponsored coverage for the coming year, make sure you actually qualify for individual coverage. Even if you think you're in good health, insurers may find grounds to reject you.

If I buy insurance on my own, what should I watch out for?

If you find less expensive coverage in the individual market, beware: The coverage could be thinner. Study the fine print; otherwise, if you become seriously ill, you may be shocked to discover that your insurance doesn't provide as much of a safety net as you assumed.

If you get in a dispute with your insurer over payment of claims, it might help to have an employer in your corner, though insurance brokers might serve as advocates, too.

Is employer-sponsored coverage always a good deal?

Some employers with low-wage work forces, including fast-food and retail firms, provide minimal benefits that "are barely worthy of being called health plans," says Nancy Metcalf, an editor at Consumer Reports.

They come with annual coverage limits as low as \$2,000. That means a \$20,000 hospitalization could leave the worker with a bill for \$18,000, she says.

What happens if I get laid off?

If you worked for a company with at least 20 employees, you can stay in your employer-sponsored plan temporarily via so-called COBRA coverage, but it will cost you. You would have to pay both the employer and employee portions of the premium, which could make COBRA unaffordable.

For a limited time, the economic stimulus legislation that Congress passed this year provides subsidies that cover 65 percent of the COBRA premium.

If you worked for a company with fewer than 20 employees, your state may give you the option of purchasing coverage similar to COBRA.

If your spouse has access to employer-sponsored coverage, you can join your spouse's plan. Depending on your coverage history, your spouse's employer might temporarily refrain from covering preexisting conditions.

If you have been covered for 18 months, most recently in a group plan, and you've used up any COBRA coverage available to you, the federal Health Insurance Portability and Accountability Act assures you access to some individual coverage. Depending on the state, that could be limited to special high-risk pools. In any event, the coverage could be prohibitively expensive. Also, remember that coverage obtained through the individual market may be less comprehensive.

If you have kids, contact state authorities to find out if they qualify for CHIP, the government's Children's Health Insurance Program. It's also possible you could qualify for Medicaid.

What's so good about the insurance that government employees get and that President Obama has repeatedly referred to? Why can't we all have the same range of plans to choose from?

Federal employees get to choose from a long menu of health plans in a regulated marketplace — far more options than private employers offer. They get the advantage of group rates, and neither their age nor their health status makes a difference. The huge size of the federal workforce helps make this all possible. President Obama is essentially trying to replicate that model in the individual market by creating exchanges where eligible individuals could shop for cov-



health

erage. Ironically, the exchanges might be off-limits to people who work for big corporations, so that workers who have some of the best options today could end up with some of the most limited options in a reformed system.

What happens if my company goes out of business?

Then you're in even more trouble. Because your employer's health plan no longer exists, you not only lose your coverage, you also lose the option of extending it through COBRA.

I've heard my company is "self-insured"? What does that mean?

It means your company pays your medical claims out of its own coffers instead of buying coverage from an insurer and having the insurer bear the financial risk. In the event your company goes out of business, you could be stuck with any claims you've incurred if you have not yet been reimbursed, said Tom Billet, a consultant with benefits adviser Watson Wyatt.

Under any of the major bills, leaving or losing your job could put you at less risk of joining the uninsured.

If I or a family member has a so-called preexisting condition, how can that currently affect my ability to get insurance through my job or through the private market?

If you work for a large employer, your health status should not affect your ability to get coverage through your job or the premium that you pay for it.

If you're new to your company and you have an insufficient history of coverage, your employer could temporarily refuse to cover your preexisting condition.

Depending on the rules in your state, the size of your company's workforce and the severity of your medical problem, your health status could be enough of a factor to

trigger an increase in the company's rates when its insurance comes up for renewal.

In the individual market, you could be denied initial coverage or charged higher premiums based on a preexisting condition. You could also be offered policies that don't cover that condition. Again, the rules vary from state to state. Once an insurer has sold you a policy, it cannot refuse to renew it based on a preexisting condition, though it may be able to raise your premium sharply when the policy comes up for renewal, said Cheryl Fish-Parham, deputy director of the advocacy group Families USA.

What major shifts in insurance coverage would come under the bills being considered?

The legislation remains a work in progress, but this much is clear: Under any of the major bills, leaving or losing your job could put you at less risk of joining the uninsured.

Eligibility would be expanded for Medicaid, the state-federal program geared largely toward people with low incomes.

Individuals and at least the smallest businesses would be able to shop for coverage in regulated marketplaces called exchanges, where they could no longer be charged higher premiums or denied coverage based on their medical history. Eventually, employers could be required to alter their benefits to meet at least the minimum standards set for exchange-based coverage.

In the exchanges, insurers could be barred from imposing annual or lifetime limits on how much they'll pay for your health care; and individuals' exposure to out-of-pocket expenses could be capped.

Individuals could be required to buy coverage or pay a penalty. Similarly, employers of a certain size could be required to provide health benefits or to pay a penalty if they don't. Some individuals and businesses could qualify for federal subsidies.

The legislation would expand access to insurance. However, it remains to be seen how affordable the coverage would be.

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Slim down your middle faster with this dual routine that tones both your belly and back in one shot. Although some ab exercises can strain your spine — even if you don't feel pain when you do them — these isometric moves, in which you hold a position instead of doing lots of reps, were proven in an exercise lab to firm the mid-section with minimal stress to the lower back. Plus, a stronger back improves your posture, giving you an instant tummy tuck.

Get started now to see results in three weeks. Stuart McGill, author of "Ultimate Back Fitness and Performance" and a professor of spine biomechanics at the University of Waterloo in Canada, developed this workout.

1 Controlled Static Curl

Lie with right knee bent, foot flat on floor, left leg extended, hands under lower back. Lift elbows and inhale deeply. As you exhale, contract abs and curl head, neck, and shoulders to raise shoulder blades a few inches off floor. Hold and lower, including elbows. Then switch legs.

MAKE IT EASIER: Simply brace abs, hold, then release, keeping head on floor.

MAKE IT HARDER: Lift extended leg a few inches off floor and hold as you raise and lower upper body. Switch legs and repeat.

2 Side Bridge

Lie on left side, propped up on elbow, with top foot in front of bottom so both feet are on floor. Contract abs as you raise body, forming a straight line from toes to shoulders. Then switch sides.

MAKE IT EASIER: Lie with legs bent behind you and raise torso and thighs, resting on bottom knee.

MAKE IT HARDER: From the standard side bridge, rotate body to face floor, supporting yourself on forearms and toes, legs and torso in a straight line. Hold, then rotate

Holding one of these isometric poses is easier on your back than exercises that require many reps.

back to Side Bridge. Do all reps, then switch sides.

3 One-Legged Squat

Stand with right leg extended behind you, toes on floor. Hold arms out to sides at shoulder height. With abs contracted, bend left knee about 45 degrees, hinging forward a bit from hips, and slide right leg back as arms press forward, palms facing in. (Keep left knee behind toes.) Lift right leg slightly (one to two inches) and hold. Straighten left leg to stand, returning right leg to start and pressing arms back out to sides. Then switch legs.

MAKE IT EASIER: Keep back toe on floor throughout move.

MAKE IT HARDER: Raise right leg higher (three to six inches) when you extend it behind you, and keep it lifted throughout the entire move.

4 Hip Airplane

Stand with right leg extended behind you so foot is off floor. Raise arms to shoulder height like wings, palms down. Contract abs and hinge torso forward about 45 degrees as you raise right leg behind you as high as possible, while maintaining balance and keeping hips level. Hold, then lower leg to stand and repeat. Then switch legs.

MAKE IT EASIER: Lift leg behind and balance without hinging forward with upper body.

MAKE IT HARDER: From the traditional hip airplane, rotate body to right, raising right arm so chest and hips face right and left arm points toward floor. Hold, then rotate to left. Hold and return to center for one repetition. Then repeat with opposite leg lifted. MARTICA K. HEANER (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

CLASSACT



Bhangra Can Spice Up Your Workout

■ Long before "Slumdog Millionaire" had everyone wanting to mimic Bollywood dance steps, Sarina Jain was teaching them in health clubs. It's been a decade since she first launched Masala Bhangra (Masaladance.com), an Indian dance-inspired workout that meshes the movie moves with the folk style of Bhangra. Along the way, it manages to get your heart rate going and up your strength.

Although her regular lessons are taught only in New York, D.C. has been introduced to her program through classes at area Washington Sports Clubs. And this Friday, Masala Bhangra devotees can shake it with Jain herself at a master class at Georgetown (7-9 p.m., \$20-35, Yates Field House, call 202-687-2400 to register). "We're going to have arms in the air moving and shoulders going up and down," she promises of the all-levels session. Also on tap: the butt-burning Bhangra squat.

"In my culture, we say, 'Balle, balle.' It means 'Woo!'" Jain says. Expect plenty of that, too. v.h.



→ Donate calories to the Gold's Gym Burnathon for diabetes awareness this Saturday. Ballston (3910 Wilson Blvd.) is holding special Spinning classes, and all gyms are open to the public as they attempt to burn 180 million calories in one day.



I live in Washington DC but I am helping save lives in Africa.

fit



Put Your Potatoes On a Diet

French fries can be part of a well-balanced diet — depending on the choices you make. Potatoes eaten with the skin on are packed with vitamin C and are one of the best sources of potassium and fiber. And healthier prep methods that use better-for-you oils or even skip the deep fryer altogether are gaining popularity.

Some companies make frozen fries with gourmet ingredients and good-for-you fats. Look for those with no more than 120 calories and 3.5 grams of fat per 3-ounce serving. Or, make your own by following the recipe below. RACHEL MELTZER WARREN (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



Rainbow Fries

SERVES 4

CUT 5 BLUE OR PURPLE potatoes (about 3/4 lb) lengthwise into 1/2-inch wedges. Soak in cold water 45 minutes. Meanwhile, cut one medium sweet potato (about 1/2 lb) lengthwise into 1/2-inch wedges. Preheat oven to 425 F. Drain and dry blue potatoes and toss with sweet potatoes, 3 tsp olive oil, and salt and pepper to taste. Arrange flat on baking sheet. Cook 40 minutes, turning once, or until browned.

114 calories, 3 g protein, 18 g carbs, 3.5 g fat, 0 mg cholesterol, 25 mg sodium, 1 g fiber

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Principal Investigator: Anna Durbin, MD
Approved by CHR on May 14, 2008 CHR# H.22.04.02.19.A2 (AD# DC 101)



CRAIG LACOURT

The six members of N.E.D. are gynecologic oncologists in their day jobs. Find out more about their music at Nedtheband.com.

Docs Who Really Rock

The time's come for gynecologic cancer to finally face the music

N.E.D. just released its first album, a self-titled, six-track debut that showcases the band's range from hard rock to folk. And now it's gearing up for its first concert in D.C. this weekend. Nope, not at 9:30 Club or the Black Cat

— on Pennsylvania Avenue at the end of the first-ever Gynecologic Cancer Foundation's Race to End Women's Cancer (It's not too late to register at Gcfence.com).

Encouraging the finishers of the half-marathon and 5K races and the 1-mile walk certainly makes sense given the band's background: All six members are gynecologic oncologists. The band's name is an acronym for "No Evidence of Disease." "It's what we want to be able to write on

a patient's chart," explains male lead singer John Boggess.

They first jammed together two and a half years ago at a medical society conference, and their success planted the idea that they could use their musical talent to bring attention to the diseases their patients struggle with, including cervical, ovarian and uterine cancers.

"The whole world knows about breast cancer, but people don't have that same awareness about

gynecologic cancer," Boggess says. "They have a pink ribbon, and now we have a rock band."

But the members of that rock band realize no one will listen to their tunes out of pity, so they've committed themselves to making music anyone can appreciate. None of the lyrics directly references cancer. Instead, they focus on "the human condition," Boggess says. "False Pretenses" asks you to break down the barriers you've put up and reveal how you're really feeling. "Waiting on Time" deals with an old man at the end of his life. "It's not morose or kitschy. It's rock music about the human condition," he adds.

Music is known to have therapeutic properties, which is why N.E.D.'s drummer, Nimesh Nagarsheth, just authored the book "Music and Cancer: A Prescription for Healing." But it's still stunning to hear Boggess claim that the doctors' work together as a band can help more people than anything they'll do as physicians.

He has a point, though. "Currently in the U.S., one half of women who get cervical cancer have never had a pap smear," he says. "We can design better tests, but if a woman doesn't ever get one, it doesn't matter."

And survival is what really rocks. VICKY HALLETT (EXPRESS)

STETHOSCOPE



ISTOCK

PEDIATRICS

Sleep Yourself Skinny

■ Pop quiz for parents: Did you let your kids sleep in after their crazy night of trick-or-treating? If you said no, expect to see some of that candy to stick to your offspring's frames. That's because a new study out of Hong Kong found that children who skimped on sleep had higher BMIs than their peers who spent extra time under the covers.

CELL PHONES

Hip to Phone Danger

■ Mayor Adrian Fenty is known for strapping three cell phones to his belt. But he might want to rethink that strategy now that Turkish researchers have discovered that the bone density was reduced in the pelvises of men who regularly carried cell phones in waist-height holsters. Although the reduction wasn't as extreme as with people with osteoporosis, researchers fear the electromagnetic fields from the phones may continue to weaken bones over time.

FERTILITY

Still Waiting for Kids?

■ Usually, pregnancy is the result of vigorous movement. But research published in the BMJ indicates that after being artificially inseminated, women are best off if they lie flat for 15 minutes. In a study in the Netherlands, 400 women were told either to stay prone or to get up immediately. Of the former group, 27 percent got pregnant, while just 18 percent of the other group did.

Give It Another Shot

Some adults may need to get more vaccinations due to time or travel

Know anyone who's had polio? Diphtheria? Probably not, thanks to immunization. But some adult illnesses, such as chicken pox and hepatitis, can be deadly if you don't have current boosters.

And if you have travel plans, you have another reason to be up to date on your shots, according to the CDC.

→ MMR

WHAT'S IT FOR? Measles, mumps, rubella — three viral diseases

WHO NEEDS IT? If you didn't get one as a kid or before college, now's the time. Also, there was an ineffective batch of vaccine used between 1963 and 1967; if you were born during those years, get a booster.

→ PNEUMOCOCCAL

WHAT'S IT FOR? Meningitis or pneumonia

WHO NEEDS IT? Anyone over 65 with a compromised immune system or a long-term health problem

→ TD

WHAT'S IT FOR? Tetanus and diph-



ISTOCK

Beyond the annual flu shot and H1N1, think about your other needle needs.

theria — potentially life-threatening bacterial infections

WHO NEEDS IT? Everyone needs a booster every 10 years.

→ VARICELLA

WHAT'S IT FOR? Chicken pox

WHO NEEDS IT? Anyone who hasn't had chicken pox or doesn't remember having chicken pox.

→ HEPATITIS B

WHAT'S IT FOR? Hepatitis B, a sexually transmitted disease that can also be transmitted through blood and lead to incurable liver cancer.

WHO NEEDS IT? You, if you've had more than one sex partner in the past six months or work with blood samples. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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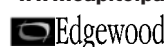


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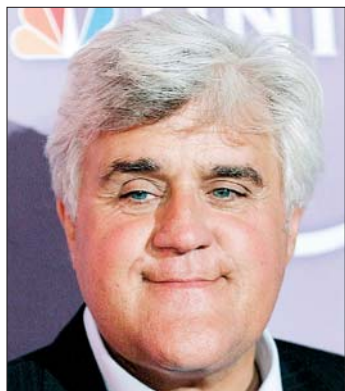
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Dynasty Building
Mel Gibson announces the birth of his eighth child — a daughter | 30



Leno now hosts a prime-time show.

Jay Leno Waxes Nostalgic

The former 'Tonight' host openly admits he misses his old gig

QUOTES | Jay Leno says he would have rather stayed at "The Tonight Show" — and if NBC offered him that job again, he'd take it.

In an interview with Broadcasting & Cable magazine published online Monday, Leno hastily added that such a decision isn't his to make.

Conan O'Brien, his successor as "Tonight Show" host after 17 years, is "doing fine," Leno said.

Leno said he doesn't think the recent controversy surrounding his former late-night rival David Letterman "will have a big effect at all."

Referring to Letterman's affairs with female members of his staff, Leno said, "If it were me, it would kill me. I'm the guy who's been married 29 years. But Dave has never pretended to be Mr. Moral America. He's not a hypocrite."

"The Jay Leno Show" began on NBC in September, airing weeknights at 10. FRAZIER MOORE (AP)

The Yes We Candidate

Obama's epic battle for the presidency is captured in the HBO film 'By the People'

ELECTION | Pivotal presidential campaigns are frequently defined in retrospect by documentaries. "The War Room" chronicled Bill Clinton's political operation in 1992, adding a phrase to the political lexicon in the process.

The makers of "By the People: The Election of Barack Obama," which premieres Tuesday at 9 p.m. — election night — on HBO, wouldn't mind the same status.

"That was our hope — that we would create something for history," said filmmaker Alicia Sams, who made the documentary with colleague Amy Rice and a key assist from actor Edward Norton.

Rice was inspired by Obama's speech at the Democratic National Convention in 2004 and wanted to do a film about him as an up-and-coming political leader. Her friend Sams signed on, but they couldn't get their phone calls to Obama's office returned until Norton called on their behalf.

They got lucky. They wound up with a far more important story than they had dreamed about.

Through the crowds and contact, the filmmakers sensed Obama catching on as he moved toward an impressive victory in the Iowa caucuses. The film introduces audiences to the people around Obama, not just top aides such as David Axelrod



HE'S A CHARMER: President Obama greets supporters on the campaign trail; his journey is captured in full in "By the People."

and David Plouffe, but the enthusiastic Ronnie Cho, Obama's Polk County, Iowa, organizer.

Obama saw a rough cut of the film and sent back word that he cried upon seeing the emotional reactions of his staff members to his election.

Cried? Rice doesn't quite believe that.

That's what makes extraordinary her footage of an Obama speech the night before the election, after he learned that the grandmother who helped raise him

“The reaction is going to change daily, and that's OK. We want the movie to stand the test of time.”

had died a day before seeing the ultimate dream come true. Rice was well-positioned to catch a tear trickling down Obama's face that night, a view that news cameras penned farther back missed.

While the film's release triggers

memories of a historic time, it may not be well-timed for Obama.

It has a laudatory tone; after following Obama for two years, both Rice and Sams said they voted for him. The film could leave Obama fans pining about potential yet unfulfilled and give opponents another example of the media fawning over the president.

"The reaction is going to change daily," Sams said, "and that's OK. What we want is the movie to stand the test of time."

DAVID BAUDER (AP)



FAILURES Lost in Translation If "TGS" got ratings like this, Jack Donaghy would have killed it years ago. In its debut on German television Sunday night, Emmy-winning comedy "30 Rock" (starring Tina Fey, left) scored a 0.0 rating, meaning fewer than 5,000 viewers tuned in. The debut was below even the lowest forecasts of broadcaster ZDFNeo. The digital niche channel had made "30 Rock" the flagship in its relaunch, promising more cutting-edge programming. (THE HOLLYWOOD REPORTER)

An Identity Crisis

Weezer's arrested development is amply evident on its new album, 'Raditude'

MUSIC | Rivers Cuomo is getting older, but his music is pretty much staying the same age.

The Weezer frontman has been known for his wry outlook, reclusive lifestyle and unforgettable melodies, but mostly for embracing his own arrested development. Weezer, even in the members' relatively advanced age, perpetually invokes high school drama, hangin' at the mall and kickin' it in Chuck Taylors with infinite energy and a sense of fun, if ever-diminishing innovation.

The group's latest album, "Raditude" (Geffen Records), is a straight-up pop-rock monster, but none of the tracks screams "Weezer!" The album dithers constantly, managing at times to be both generic and chaotic.

Dabbling in everything from punk rock to R&B to straight-up Top 40 teenybopper bubblegum, Weezer no longer inspires confidence that it is the master of its domain. In a way, the album is



The members of Weezer look like they've matured, but their album says otherwise.

expressnightout

→ To watch the video for Weezer's "(If You're Wondering If I Want You To) I Want You To," please visit us online.

WWW.EXPRESSNIGHTOUT.COM

great, but only if you don't over-think it.

The cumbrously titled "(If You're Wondering If I Want You To) I Want You To," the first single, is radio-ready but rather forgettable. "The Girl Got Hot" could be a recent Ben Folds song (and,

actually, that would make for an awesome duet) but lacks the personality of Folds' piano and relies on over-produced "whoa-ohs" and generic riffs.

This isn't Weezer at its most mature or its most juvenile, either. It showcases Cuomo's coming out of his shell and communing with new musical perspectives, but while the experimentation refuses to ride the successes of Weezer 1.0, it doesn't have much going for it other than its rote knowledge of rock music.

AFTON LORRAINE WOODWARD

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'Washington in the '60s' explores the city's transformation

DOC | A documentary drawing on the memories of Marion Barry, Ben Bradlee and other Washingtonians about the city in the 1960s



Marion Barry and other Washingtonians share their memories of D.C.

premiered last night on public television.

WETA-TV produced the one-hour special, "Washington in the '60s," which premiered Monday

night and is narrated by Washington native Connie Chung. It will be repeated through November, starting today at 4 p.m.

It tells the story of the city's transformation from a sleepy southern town to a busy world capital. It highlights the election of John F. Kennedy as president, the appointment of Walter Washington as D.C.'s first mayor, the fight for home rule and protests about the Vietnam War.

Former D.C. Council member Charlene Drew Jarvis recalls the riots after Martin Luther King Jr.'s assassination.

A look at "Washington in the '70s" will come in 2010. (AP)



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XX197 2x3FIT



JONATHAN ALCONINI/TWP

Stand-Up Guy

Oh, Dane Cook. It's always sad when a comedian who's actually funny — yes, he can be stupid and sexist, but he has great timing — goes off to do idiotic movies about bumbling blue-collar workers and Jessica Alba's underwear. We're happy to see Cook back doing comedy on a stage, with no bimbos or shopping carts in sight. It's where he belongs. F.Z.
→ Patriot Center, George Mason University, 4500 Patriot Circle, Fairfax; 7 p.m., \$33-\$103; 202-397-7328, Patriotcenter.com.

top stops

Compiled by Express' Fiona Zublin and Christopher Porter. Read more of their picks at Expressnightout.com/topstops.

2 Forever Emo

The Get Up Kids recently apologized for causing modern-style emo rock, but the band has nothing to be sorry about. All genres (and subgenres) have good and bad music, and it just so happens that the Get Up Kids are one of the best from the introspective melodic-punk camp. The band reunited recently to tour behind the release of "Something to Write Home About: 10th Anniversary Special Edition." c.p.
→ 9:30 Club, 815 V St. NW; 6:30 p.m., \$21; 202-265-0930, 930.com. (U St.-Cardozo)

3 Hot Mess

Christian Siriano made a reality show splash on "Project Runway" with his bewildering catchphrases and startling, bold designs. Now he's written a book, "Fierce Style: How to Be Your Most Fabulous Self," and he's stopping by the Corcoran to give tips in person. Feel like you can't pull off a giant ruff or cigarette jeans at the office? Siriano will convince you otherwise. Send us pictures. F.Z.
→ Corcoran Gallery of Art, 500 17th St. NW; 7 p.m., \$20; 202-639-1700, Corcoran.org. (Farragut West)



REGAL ENTERTAINMENT GROUP
ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#
MICHAEL JACKSON: THIS IS IT (PG) ★ (1030 1130 110 210 400 500) 700 800 950 1050
OC & DA: CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1100 AM) 720 PM
AMELIA (PG) (1240 330) 620 910
ASTRO BOY (PG) (1120 150 420) 710 930
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 PM) 430 PM 1010 PM
SAW VI (R) - ID REQ'D ★ (1230 300 530) 815 1040
LAW ABIDING CITIZEN (R) - ID REQ'D (120 440) 740 1030
WHERE THE WILD THINGS ARE (PG) (1100 130 400) 640 920
COUPLES RETREAT (PG-13) (110 410) 650 940
PARANORMAL ACTIVITY - DP (R) - ID REQ'D (1210 230 450) 730 1000 1050
PARANORMAL ACTIVITY (R) - ID REQ'D (1115 130 350) 630 900
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1105 120 340) 610 830
STEP FATHER (PG-13) (1140 AM 220 PM) 1020 PM
ZOMBIELAND (R) - ID REQ'D (510 PM) 750 PM
GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#
MICHAEL JACKSON: THIS IS IT (PG) ★ (1230 145 300 430 530) 715 810 1000 1045
PARANORMAL ACTIVITY (R) - ID REQ'D (1240 150 245 415 515) 730 830 940 1040
ASTRO BOY (PG) (130 400) 650 930
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 PM) 745 PM
OC & DA: CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (450 PM) 1030 PM
SAW VI (R) - ID REQ'D ★ (100 200 315 420 520) 720 820 945 1045
LAW ABIDING CITIZEN (R) - ID REQ'D (120 410) 710 1010
WHERE THE WILD THINGS ARE (PG) (115 340) 640 915
COUPLES RETREAT (PG-13) (1250 500) 700 950
ZOMBIELAND (R) - ID REQ'D (230 500) 800 1015
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (110 345) 630 900
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (215 PM 445 PM)
UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#
MICHAEL JACKSON: THIS IS IT (PG) ★ (130 215 415 500) 700 745 945 1030
AMELIA (PG) (100 400) 645 935
ASTRO BOY (PG) (1230 245 505) 715 940
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (135 410) 705 1025
SAW VI (R) - ID REQ'D ★ (1245 300 515) 755 1015
OC: WHERE THE WILD THINGS ARE (PG) (440 PM) 955 PM
STEP FATHER (PG-13) (145 430) 735 1035
LAW ABIDING CITIZEN (R) - ID REQ'D (115 420) 720 1005
WHERE THE WILD THINGS ARE (PG) ★ (200 PM) 730 PM
GOOD HAIR (PG-13) (1250 310 525) 750 1010
COUPLES RETREAT (PG-13) (105 405) 650 930
ZOMBIELAND - DP (R) - ID REQ'D (120 330 540) 810 1035
PARANORMAL ACTIVITY (R) - ID REQ'D (1255 315 530) 800 1020
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1235 250 510) 725 950

MAJESTIC STADIUM 20
900 Ellsworth Dr. Silver Spring, MD 240-393-4826
RW: MICHAEL JACKSON: THIS IS IT (PG) ★ (1240 315 550) 825 1100
MICHAEL JACKSON: THIS IS IT (PG) ★ (1200 110 150 235 345 430 510) 620 710 745 855 945 1020
AMELIA (PG) (1245 330) 630 905
ASTRO BOY (PG) (200 440) 705 930
SAW VI (R) - ID REQ'D ★ (1210 120 225 340 450) 615 720 840 950 1100
LAW ABIDING CITIZEN (R) - ID REQ'D (145 435) 730 1015
PARANORMAL ACTIVITY (R) - ID REQ'D (1255 205 335 425) 610 650 815 910 1025
WHERE THE WILD THINGS ARE (PG) (125 405) 640 920
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 410) 645 915
STEP FATHER (PG-13) (1155 220 445) 735 1030
GOOD HAIR (PG-13) (1225 240 500) 715 935
COUPLES RETREAT (PG-13) (1250 325) 600 835
CAPITALISM: A LOVE STORY (R) - ID REQ'D (105 420) 740 1040
TOY STORY 3D - DOUBLE FEATURE (G) ★ (305 PM) 700 PM
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (130 355) 635 900
ZOMBIELAND (R) - ID REQ'D (135 400) 625 845 1055
ROYALE STADIUM 14
6505 America Blvd. Hyattsville, MD 301-864-3456
RW: MICHAEL JACKSON: THIS IS IT (PG) ★ (130 415) 730 1015
MICHAEL JACKSON: THIS IS IT (PG) ★ (100 200 345 445) 700 800 945 1045
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 410) 655 955
ASTRO BOY (PG) (150 435) 650 935
SAW VI (R) - ID REQ'D ★ (105 340 450) 640 1005 1035
STEP FATHER (PG-13) (155 425) 740 1025
LAW ABIDING CITIZEN (R) - ID REQ'D (120 420) 720 1030
WHERE THE WILD THINGS ARE (PG) (205 430) 710 950
COUPLES RETREAT (PG-13) (110 355) 725 1020
GOOD HAIR (PG-13) (210 PM 440 PM) 735 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (115 445 405) 715 745 940
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (135 350) 645 930 1010 PM
BETHESDA 10
1717 Wisconsin Avenue 800-FANDANGO 569#
MICHAEL JACKSON: THIS IS IT (PG) ★ (120 410) 650 930
ASTRO BOY (PG) (210 430) 640 910
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (155 420) 720 1010
SAW VI (R) - ID REQ'D ★ (100 315 530) 750 1000
STEP FATHER (PG-13) (320 PM) 620 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (100 345) 710 950
WHERE THE WILD THINGS ARE (PG) (1145 210 435) 700 925
COUPLES RETREAT (PG-13) (205 450) 730 1005
PARANORMAL ACTIVITY (R) - ID REQ'D (110 230 440 540) 640 740 845 940
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (130 400) 630 840
BOWIE STADIUM 14
15200 Midway Lane, Bowie, MD 800-FANDANGO 454#
MICHAEL JACKSON: THIS IS IT (PG) ★ (115 145 215 245 400 430 500 530) 645 715 745 815 930 1000 1030
ASTRO BOY (PG) (125 410) 630 900
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (255 520) 800 1030
SAW VI (R) - ID REQ'D ★ (100 300 515) 730 945
PARANORMAL ACTIVITY (R) - ID REQ'D (100 315 420 545) 755 940 1015
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (205 440) 705 920
STEP FATHER (PG-13) (155 PM) 655 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (200 445) 735 1020
WHERE THE WILD THINGS ARE (PG) (130 350) 635 915
GOOD HAIR (PG-13) (230 450) 725 940
COUPLES RETREAT (PG-13) (135 415) 700 940

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#
MICHAEL JACKSON: THIS IS IT (PG) ★ (1145 1230 220) 320 500 620 740 900 1020
MICHAEL JACKSON: THIS IS IT (PG) ★ (1150 410 700 945
OC & DA: CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (205 PM) 1010 PM
ASTRO BOY (PG) (1145 210) 430 655 915
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1130 AM) 440 PM 720 PM
SAW VI (R) - ID REQ'D (1245) 325 545 810 1035
STEP FATHER (PG-13) (1200 PM)
LAW ABIDING CITIZEN (R) - ID REQ'D (1245) 400 715 1030
WHERE THE WILD THINGS ARE (PG) (1130 150) 420 700 930
DAMNED UNITED (R) - ID REQ'D (1235 300) 530 800 1025
GOOD HAIR (PG-13) (1150 225) 445 715 950
COUPLES RETREAT (PG-13) (1140 215) 450 735 1030
ZOMBIELAND (R) - ID REQ'D (230 PM) 505 PM 730 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (120) 350 615 830 940 1040
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1155 225 435) 650 910
BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#
MICHAEL JACKSON: THIS IS IT (PG) ★ (100 200 350 450) 640 740 930 1030
AMELIA (PG) (145 435) 720 1010
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (120 410) 715 1000
STEP FATHER (PG-13) (1150 PM)
PASSPORT TO LOVE (PG-13) (110 405) 710 1005
COUPLES RETREAT (PG-13) (130 420) 730 1025
CAPITALISM: A LOVE STORY (R) - ID REQ'D (1220 PM)
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (1225 150 250 425 525) 650 750 915 1015
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (215 440) 710 935
THE INFORMANT (R) - ID REQ'D (445 PM) 735 PM 1035 PM
JULIE & JULIA (PG-13) (320 PM) 620 PM 920 PM
POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#
MICHAEL JACKSON: THIS IS IT (PG) ★ (1100 1140 1230 110 150 230 320 400 440 520) 610 650 730 810 900 940 1020
ASTRO BOY (PG) (100 335) 600 830
OC & DA: CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (435 PM) 1015 PM
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (145 PM) 725 PM
SAW VI (R) - ID REQ'D ★ (1130 1240 210 310 450 550) 720 820 950
LAW ABIDING CITIZEN (R) - ID REQ'D (1225 155 340) 640 740 835
STEP FATHER (PG-13) (600 PM) 1035 PM
WHERE THE WILD THINGS ARE (PG) (130 420) 710 1000
GOOD HAIR (PG-13) (1200 PM) 620 PM
COUPLES RETREAT (PG-13) (1200 250 540) 630
ZOMBIELAND (R) - ID REQ'D (150 425) 705 935
PARANORMAL ACTIVITY - DP (R) - ID REQ'D (1220 300 530) 800 1030
PARANORMAL ACTIVITY (R) - ID REQ'D (1120 200 430) 700 930
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1110 140 410) 630 850
KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956
RW: MICHAEL JACKSON: THIS IS IT (PG) ★ (1245 320) 615 900
MICHAEL JACKSON: THIS IS IT (PG) ★ (1200 235 515) 800 1035
AMELIA (PG) (135 415) 700 940
ASTRO BOY (PG) (1235 335) 650 925
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (125 350) 630 845
SAW VI (R) - ID REQ'D ★ (1155 230 505) 750 1020
LAW ABIDING CITIZEN (R) - ID REQ'D (1225 140 245 400 500) 655 740 930 1030
STEP FATHER (PG-13) (1150 155 440) 620 725 1015
WHERE THE WILD THINGS ARE (PG) (1230 330) 715 950
COUPLES RETREAT (PG-13) (150 425) 705 935
ZOMBIELAND (R) - ID REQ'D (1145 225 510) 745 1025
PARANORMAL ACTIVITY (R) - ID REQ'D (1205 220 435) 645 920
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1250 300 555 525) 735 915 1010
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1145 200 420) 635 850

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#
MICHAEL JACKSON: THIS IS IT (PG) ★ (1200 1245 145 245 330 430 530) 620 720 820 905 1005
OC & DA: CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1250 340) 625 910
AMELIA (PG) (1210 235 500) 730 1015
ASTRO BOY (PG) (1210 235 500) 730 1015
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (125 PM) 645 PM
SAW VI (R) - ID REQ'D ★ (1220 135 250 420 520) 650 750 920 1020
STEP FATHER (PG-13) (425 PM) 700 PM
WHERE THE WILD THINGS ARE (PG) (1255 155 335 435) 615 715 850
LAW ABIDING CITIZEN (R) - ID REQ'D (1215 120 310 410) 610 705 900 955
COUPLES RETREAT (PG-13) (1240 350) 640 935
INVENTION OF LYING (PG-13) (205 445) 730 1010
CAPITALISM: A LOVE STORY (R) - ID REQ'D (115 PM) 945 PM
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1205 PM 400 PM) 800 PM
ZOMBIELAND (R) - ID REQ'D (1235 255 515) 740 1025
PARANORMAL ACTIVITY (R) - ID REQ'D (100 220 320 450 540) 710 810 920 1030
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (200 430 PM) 620 PM
HALLOWEEN 2 (R) - ID REQ'D (110 345) 630 855 950 PM
FOX STADIUM 16
22875 Crawford Plz. Ashburn, VA 703-957-1035
MICHAEL JACKSON: THIS IS IT (PG) ★ (1245 200 320 440) 600 720 840 1000
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (210 450) 730 1010
ASTRO BOY (PG) (1200 400) 630 910
SAW VI (R) - ID REQ'D ★ (240 520) 800 1020
STEP FATHER (PG-13) (130 410) 640 930
LAW ABIDING CITIZEN (R) - ID REQ'D (220 500) 740 1015
WHERE THE WILD THINGS ARE (PG) (1240 140 310 430 550) 700 830 940
COUPLES RETREAT (PG-13) (230 510) 750 1025
TOY STORY 3D - DOUBLE FEATURE (G) ★ (250 PM) 650 PM
ZOMBIELAND (R) - ID REQ'D (110 350) 610 900
PARANORMAL ACTIVITY (R) - ID REQ'D (1250 150 330 420 540) 710 810 920 1030
FAME (PG) (100 PM 340 PM) 620 PM
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1230 300 530) 820
HALLOWEEN 2 (R) - ID REQ'D 950 PM
FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#
MICHAEL JACKSON: THIS IS IT (PG) ★ (150 240 430 520) 730 820 1010
MICHAEL JACKSON: THIS IS IT - DP (PG) ★ (100 340) 640 920
ASTRO BOY (PG) (140 420) 720 1000
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (130 410) 710 950
SAW VI (R) - ID REQ'D ★ (110 200 350 440) 650 740 930 1015
ZOMBIELAND (R) - ID REQ'D (135 415) 715 955
PARANORMAL ACTIVITY (R) - ID REQ'D (210 400 450) 750 940 1020
MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
MICHAEL JACKSON: THIS IS IT (PG) ★ (1100 1145 1230 145 230 315) 600 645 730 845 930 1015
ASTRO BOY (PG) (1215 250) 615 835
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (200 430) 740 1030
SAW VI (R) - ID REQ'D ★ (1150 1250 210 310 545) 630 800 900 1040
STEP FATHER (PG-13) (100 PM) 705 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (115 415) 720 1025
WHERE THE WILD THINGS ARE (PG) (1200 255) 610 855
COUPLES RETREAT (PG-13) (1115 330) 625 925
ZOMBIELAND (R) - ID REQ'D (400 PM) 945 PM
PARANORMAL ACTIVITY - DP (R) - ID REQ'D (1210 215 320) 745 1010
PARANORMAL ACTIVITY (R) - ID REQ'D (1110 130 445) 700 915
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1130 345) 715 950

television **lookout**

Unexpected Visitors

ABC remakes 'V,' a sci-fi TV series that first aired in 1984

ALIENS | ABC's remake of "V" (8 p.m.) is a real eyeful and well worth checking out, even if you weren't a fan, or even born, when the first version aired back in 1984.

"V" begins with the arrival of gigantic spaceships over 29 world capitals. Earthlings are stunned to learn of intergalactic travelers who claim to arrive in peace. While media-savvy kids compare the event to "Independence Day," apparently nobody seems to have watched the "Twilight Zone" episode "To Serve Man."

Federal agent Erica Evans (Elizabeth Mitchell) has her doubts about the Visitors, as they come



Federal agent Erica Evans (Elizabeth Mitchell) checks out a spaceship on "V."

to be called, even after their gorgeous leader Anna (Morena Baccarin), charms most of the planet, thanks in part to a collusion with ambitious news anchor Chad (Scott Wolf). Erica has her hands full with rebellious teen son Tyler (Logan Huffman), who becomes smitten with a female Visitor.

One theorist alleges that the visitors have weakened us with unnecessary wars and financial fraud. At the same time, the media-fueled and cult-like adulation of Anna and the Visitors seems to echo concerns about fawning coverage of a certain president. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

MURDER AT SEA

Man overboard? No, dead man on board. Make that two. In a new episode of **NCIS** (8 p.m., CBS), the bodies of two mercenaries are found on Gibbs' boat. As he and the team investigate, they're dragged into a family matter involving his old mentor, Mike Franks (guest star Muse Watson), that could have international ramifications.

ICON IN ACTION

James Dean illustrates why he shot to stardom during his short life in this 1955 adaptation of John Steinbeck's novel **EAST OF EDEN** (8 p.m., TCM).

CAPED CRUSADER

Anton Furst's brooding sets and Tim Burton's sardonic direction help bring to life **BATMAN** (8 p.m., AMC) from the comic book pages. In this first entry in the contemporary film series, Gotham City's Dark



Scary Tabatha Coffey is back on Bravo, taking on scarier salons everywhere.

Knight finds himself grappling with the clown-faced Joker. Michael Keaton, Jack Nicholson and Kim Basinger star.

LADY IN RED

The great thing about being a topical comedian is always having new material. Kathy Griffin is no Jon

Stewart or Bill Maher, but the foibles of entertainment's A-listers provide this self-professed D-lister with plenty of fodder in her seventh Bravo stand-up special, **KATHY GRIFFIN: BALLS OF STEEL** (9 p.m., Bravo).

GET THE GOODS

She's after him only for his body—of knowledge. Alicia is working with Will on the appeal of a death-row inmate who was convicted on Peter's watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby on **THE GOOD WIFE** (10 p.m., CBS).

'HELL'S SALON'

You! Step away from the blow-dryer! Tabatha Coffey returns for a new season of **TABATHA'S SALON TAKEOVER** (10 p.m., Bravo). In the season premiere, she's at the Orbit Salon in Chicago, where the premises are cluttered, the staff is lackluster, and the boss has very little passion and a whole lot of debt. (TRIBUNE MEDIA)

DO YOU DRINK ALCOHOL?

✓ **Drink daily or almost daily?**

✓ **Are between the ages of 24 and 60?**

We are seeking men and women to study whether a medication for smoking cessation (CHANTIX™) may affect drinking. Volunteers should be healthy and drug-free. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

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expressnightout.com

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MOVES A Fighting Chance Cable network TNT says it has rescued the shot-down NBC police drama "Southland" and will bring it back in the new year. Beginning Jan. 12, TNT will broadcast all six episodes that were shot by NBC for its aborted second season, and the seven episodes from the first season. Set in Los Angeles, the gritty drama stars Ben McKenzie, pictured, Regina King and Tom Everett Scott. (AP)

express night out.com

Poll Center

SHOULD MLB USE INSTANT REPLAY TO REVIEW ALL QUESTIONABLE CALLS?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 55%
NO 45%

"MLB games aren't clock-constrained, so doubling the time the average game lasts so every pitch can be scrutinized would be a disaster."

AN ANONYMOUS COMMENTER

"Just what we need — something to make baseball even slower and more boring than it already is."

COMMENTER VEGGIETART

"Photo finishes have been used by horse and auto racing for decades. The NFL rules for replay and review have changed over the years to correct inequities. Adding replay to MLB may enhance the game."

COMMENTER BASEBALL FAN

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

Blog LOG

"IF GEORGIA'S Washaun Ealey didn't want his eyes gouged out by Florida's Brandon Spikes, then maybe he shouldn't have worn a helmet that allows for pesky weaknesses like 'vision.'"

DEADSPIN.COM POKES FUN AT AN ALLEGED INCIDENT THAT OCCURRED DURING A COLLEGE FOOTBALL GAME SATURDAY.



REGAL ENTERTAINMENT GROUP



"I'D SUSPECTED SO for years, but this baby doll Wiimote add-on proves beyond a shadow of a doubt that something is just not right with this Earth."

GIZMODO.COM DOESN'T KNOW WHAT TO THINK ABOUT THE PERIPHERAL FOR THE NEW NINTENDO WII GAME CALLED "BABY AND ME," DESIGNED TO MAKE BABIES CRY OR LAUGH.



"It is not strange that 'This Is It' made a lot of money; it is just strange that a horror movie was not No. 1 on Halloween."

HORRORYEARBOOK.COM WAS SURPRISED TO SEE THE MICHAEL JACKSON MOVIE DO SO WELL, EVEN THOUGH SCARY MOVIES "PARANORMAL ACTIVITY" AND "SAW VI" WERE OUT ALSO OUT IN THEATERS.



"I guess that just means that Columbia Heights is the coolest and attracts all the movie stars. Take that, Georgetown and fancy stores on lower 14th Street!"

NEWCOLUMBIAHEIGHTS.BLOGSPOT.COM FELT SOME NEIGHBORHOOD PRIDE AFTER HEARING THAT ACTRESS CATE BLANCHETT WAS REPORTEDLY SEEN SHOPPING AT THE D.C. TARGET STORE OVER THE WEEKEND.

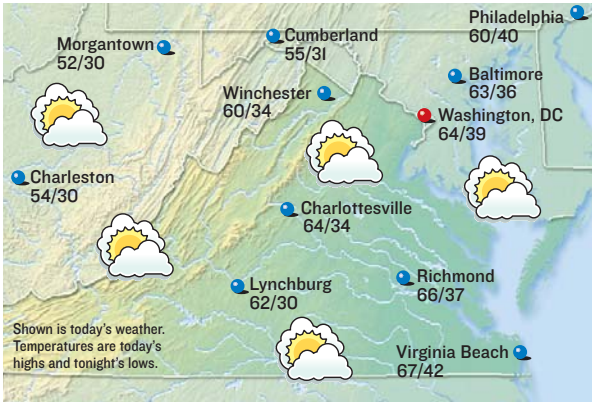
"THE REALITY is that 12 years is far too soon to judge the policy, although 12 years is just the right time to evaluate the gaps and problems seen in terms of trying to make such laws effective."

URBANPLACESANDSPACES.BLOGSPOT.COM REACTS TO A REPORT SAYING THAT MARYLAND'S SMART GROWTH LAW HAS BEEN A FLOP SINCE IT WAS INSTITUTED IN 1997.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mainly clear	Mostly sunny	Partly sunny	Mostly sunny	Partly sunny
64°	39°	55° / 42°	54° / 39°	52° / 38°	59° / 45°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 60°
Low 51°
Normal high 62°
Normal low 44°
Average humidity 59%

Precipitation

24 hours ending 4 p.m. 0.00"
Month to date 0.55"
Normal month to date 0.20"
Year to date 36.23"
Last year to date 41.09"
Normal year to date 33.47"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

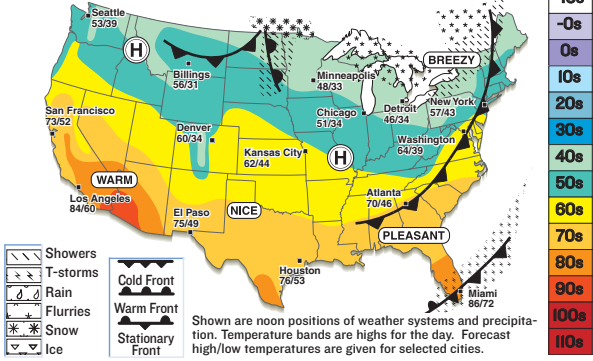
D.C. Metro: Today, partly sunny. High 64. Wind north-northeast 7-14 mph. Tonight, mostly clear. Low 39. Wind north 6-12 mph.

Sun and Moon

Sunrise today 6:38 a.m.
Sunset tonight 5:05 p.m.
Moonrise today 5:24 p.m.
Moonset today 7:39 a.m.



National Weather for Tuesday, November 3



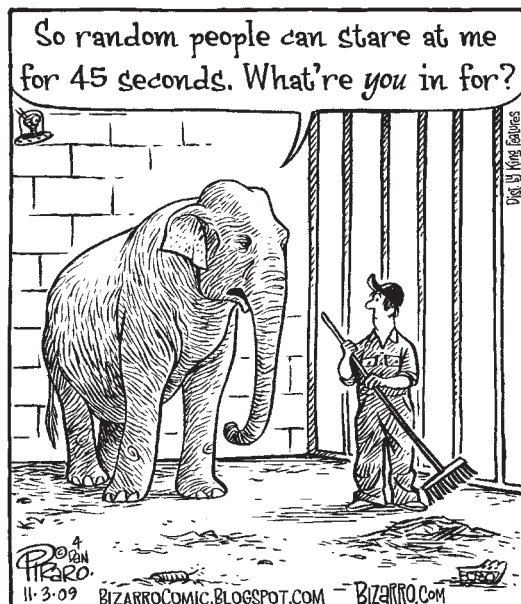
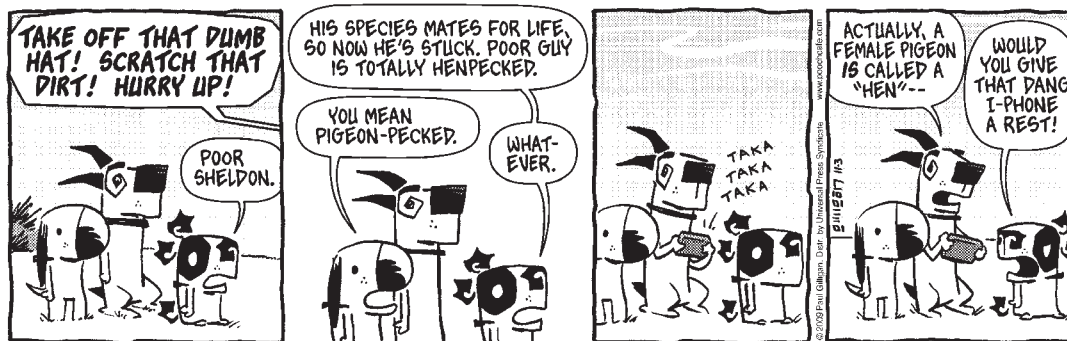
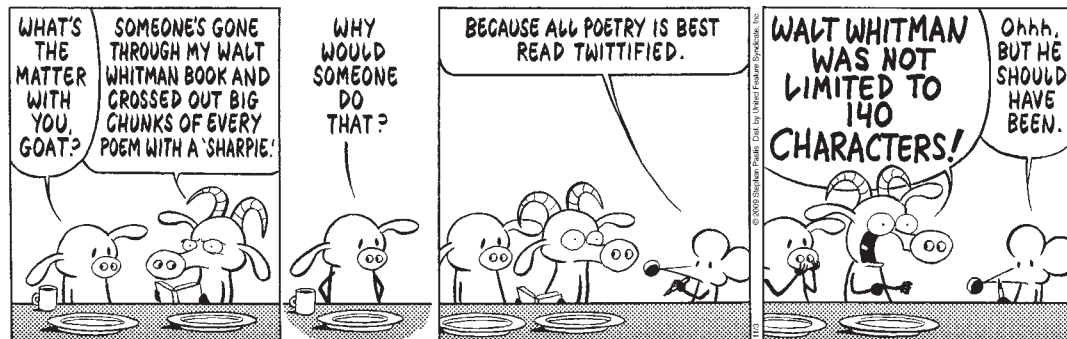
National Cities

City	Today Hi/Low	Wed. Hi/Low
Atlanta	70/46/s	67/42/s
Boston	52/38/pc	50/37/s
Chicago	51/34/s	47/35/c
Dallas	72/52/s	76/51/s
Denver	60/34/s	57/37/s
Honolulu	82/71/sh	83/70/pc
Los Angeles	84/60/s	78/58/s
Miami	86/72/t	85/73/pc
New York City	57/43/p	52/40/s
Orlando	80/64/pc	82/63/pc
Seattle	53/39/s	58/42/pc

World Cities

City	Today Hi/Low	Wed. Hi/Low
Amsterdam	49/43/r	52/45/sh
Athens	64/57/r	68/55/pc
Berlin	43/36/sh	46/39/r
Buenos Aires	68/57/pc	70/53/s
Calgary	44/16/pc	43/26/pc
Dublin	54/41/sh	52/43/sh
Geneva	53/48/sh	49/41/r
Moscow	34/23/c	32/23/pc
Rome	61/45/sh	66/50/r
Sydney	95/64/s	72/61/sh
Tokyo	57/45/s	63/50/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) Someone who knows you better than most is likely to pinpoint just what's bothering you — and it may come as a surprise.

SAGITTARIUS (Nov. 22-Dec. 21) If it's firsthand information you're after, you're going to have to ask some of the hard questions yourself.

CAPRICORN (Dec. 22-Jan. 19) The exchange of facts and figures can serve you well, provided you are willing to move on what you learn as soon as you can.

AQUARIUS (Jan. 20-Feb. 18) Hesitation can be quite dangerous; you'll want to move swiftly toward your stated goals, and avoid any kind of serious distraction.

PISCES (Feb. 19-March 20) You may be feeling rather overwhelmed by the volume of work that is facing you at this time. Take things one by one and step by step.

ARIES (March 21-April 19) A friend or family member is likely to open your eyes to a new possibility that brings with it the potential for lasting success.

TAURUS (April 20-May 20) You may not be in touch with someone who has played a key role in your affairs in the past, but it is a good day to reach out.

GEMINI (May 21-June 20) The best thing you can do when others are becoming overly emotional is to remain calm and exert only gentle pressure. Don't get aggressive.

CANCER (June 21-July 22) You're in for quite a time of it if you continue along your current path. At least one obstacle is likely to be remembered forever.

LEO (July 23-Aug. 22) Doing something the easy way may seem like the smart thing to do, but in fact the best results come from doing it right — even though it's hard.

VIRGO (Aug. 23-Sept. 22) Don't get all wrapped up in the affairs of those who are taking things far too personally. Keep your distance.

LIBRA (Sept. 23-Oct. 22) You may not be taking things as seriously as you are supposed to at this time, but at least you'll be enjoying yourself.

Today in History

1534 King Henry VIII is confirmed in all judicial and political powers formerly exercised by the pope in England.

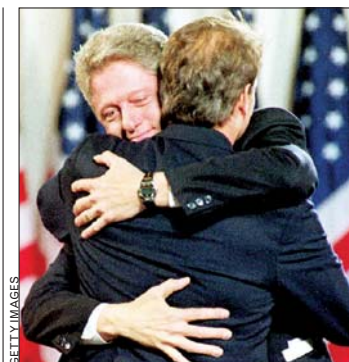
1900 The first automobile show in the U.S. opens at Madison Square Garden in New York under the Automobile Club of America.

1936 President Franklin Roosevelt is re-elected over Republican Alfred M. Landon.

1957 The Soviet Union launches Sputnik 2 into orbit. A dog on board, Laika, is sacrificed in the experiment.

1992 Bill Clinton defeats incumbent George H. W. Bush in the presidential election.

2004 Charles Robert Jenkins is sentenced to 30 days in a military jail for abandoning his unit in North Korea nearly 40 years ago.



Bill Clinton hugs Al Gore after winning the presidential race on Nov. 3, 1992.

Correction:

Monday's Today in History listed the wrong year for Jimmy Carter's defeat of Gerald Ford. That happened in 1976. Also, Monday's Top Dogs said Miami played the Buffalo Bills on Sunday. Miami played the New York Jets.

lookout people



BABIES

Mel & Random Russian Hottie + 8

MEL GIBSON and his girlfriend are welcoming the birth of the couple's first child — making Gibson a father for the eighth time. Gibson's publicist said Monday that Russian musician OKSANA GRIGORIEVA gave birth to a baby girl named Lucia on Friday at a hospital in Los Angeles. No further details were available. The 53-year-old "Braveheart" star has seven children with his ex-wife, Robyn Gibson. She cited irreconcilable differences in her April divorce petition to end their marriage of 28 years. (AP)

INVASIVE

Madonna Threat Level Drops to Blue ('Guarded')

MADONNA has left Malawi after a nearly weeklong visit, officials said Saturday. The singer arrived in the impoverished country last Sunday accompanied by her four children. While in Malawi, she broke ground for her \$15 million Raising Malawi



Act like you love her and she'll go away.

Academy for Girls and visited the orphanage from which she adopted her son David. (AP)

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Find the latest celebrity news and photo evidence of stars' sordid lives at
WWW.EXPRESSNIGHTOUT.COM

INTERVIEWS
Rihanna To Discuss Chris Brown Incident for First Time

The first interview with RIHANNA about Chris Brown's assault on her is airing this week on ABC. The pop star's one-on-one chat with Diane Sawyer will air Thursday and Friday on "Good Morning America" and Friday on "20/20." Brown's attack on then-



The interview coincides with her single's release.

girlfriend Rihanna occurred in February. He was sentenced in August to five years' probation, six months of community labor and a year of domestic violence counseling. Rihanna's interview coincides with the debut of her new single, "Russian Roulette," from her upcoming album, "Rated R." (AP)

AILING
Elton John Suffering From Flu, E. Coli, Ennui

ELTON JOHN has been hospitalized after suffering from a case of E. coli bacterial infection and the flu. The singer hopes to be released soon but has been forced to cancel concerts in England, Ireland and the U.S. John intends to rejoin the "Face2-Face" tour later in the month when he and Billy Joel play concerts in northern California. (AP)



Red sunglasses are antibacterial.

DIRTBAG DIGEST
Still Emasculated, Undesirable!

JON GOSSELIN said Sunday that he is not breaking up with his girlfriend, Hailey Glassman, just "slowing things down." During his public confession at New York City's West Side Jewish Center, he also noted that he "was getting no intimacy, no sensitivity from Kate" during their marriage. "I felt emasculated and undesirable." (EXPRESS)



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puzzles lookout

CROSSWORD | BOXED IN

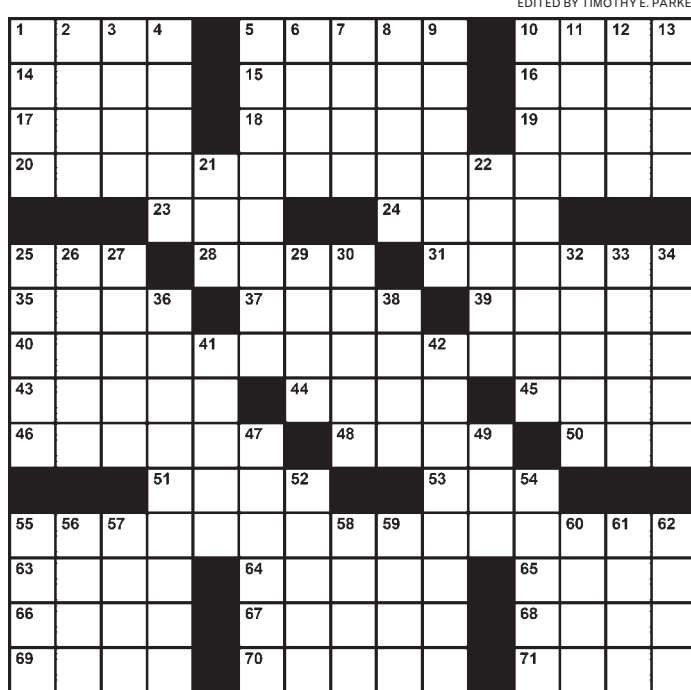
ACROSS

1. Epithet for Shakespeare
5. Awful smell
10. Hungry feeling
14. "The African Queen" screenwriter James
15. Live to ___ old age
16. Largest continent
17. Former West German capital
18. Singing syllables
19. "The ___ Before Time"
20. In a tight fix
23. Jemison or West
24. Past participle for Michael Phelps
25. Dish for frying
28. ___-a-Sketch
31. Took potshots
35. Away from the sea wind
37. Blast on a horn
39. Completely ridiculous
40. Kayoed
43. Electric bill information
44. Boat's backbone
45. Do a quick turnaround
46. Make ___ (begin)
48. Wine cask sediment
50. Bring up, as a grievance
51. FBI agt.
53. ___ Beta Kappa
55. Endure without complaint
63. "Rag Mop" brothers
64. ___ State (Hawaii nickname)
65. Tender on the Continent

66. Eastern queen
67. ___-Dixon line
68. ___ Bator (Mongolia's capital)
69. Loudness measure
70. Unable to react chemically
71. Glass in a frame

DOWN

1. "Ali ___ and the 40 Thieves"
2. Wide-eyed with expectation
3. Sofer of "General Hospital"
4. Stonewashed material
5. Something to sing in
6. The "E" of Q.E.D.
7. Pinball wizard's nightmare
8. Brightly colored fishes
9. Adjusts, as a hem
10. Gold-colored horses
11. "Hurry up!" acronym
12. "... in the pot, ___ days old"
13. Wanders (about)
21. "No," in Dumbarton
22. Pertaining to an old Germanic alphabet
25. "The Taming of the Shrew" locale
26. At ___ for words
27. Having no experience in
29. Stopper or bobber
30. Bellhop employer
32. Dancing Abdul



EDITED BY TIMOTHY E. PARKER

33. Ho-hum state
34. Prevent through intimidation
36. Undertakes
38. "Of ___ I Sing"
41. Manhattan Project physicist Enrico
42. Massive mammal
47. Japanese floor mat
49. "Steady as ___ goes"
52. "A Tree Grows in Brooklyn" family

name
54. Become translucent, as a windshield
55. Canvas cover for a diamond
56. Chinese nanny
57. Lotto cousin
58. Boxer's target
59. Thunder god in Marvel Comics
60. "Lilo and Stitch" dance
61. Persian Gulf country
62. ___ the wiser

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

9	4	7	2	8	5	3	1	6
5	3	1	4	7	6	2	8	9
6	8	2	9	1	3	7	5	4
2	1	5	6	4	9	8	7	3
7	6	3	8	2	1	9	4	5
8	9	4	3	5	7	6	2	1
1	5	6	7	3	8	4	9	2
4	7	9	5	6	2	1	3	8
3	2	8	1	9	4	5	6	7

	8		4	3			7	
1								5
		6			5	9		
		8		7				6
6			9		2			3
3				8		2		
		9	5			1		
2								8
	4			2	8		5	

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Based on published WMATA ridership of 747,000 passengers a day, Metro Media Guide 2009. The Washington Post then assumes an estimated 10% non-Washingtonian daily ridership and two trips per day per Washington passenger. The Washington Post readership number from Scarborough 2009, Release 1, Scarborough Research.

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CHILDREN

FAMILY SERVICES

CFC #	DESIGNATION	CFC #	DESIGNATION
74405	So Others Might Eat (SOME)	87293	Carpenter's Shelter, Inc.
30794	Capital Area Food Bank	47830	Girl Scout Council of the Nation's Capital
65357	Catholic Charities of the Diocese of Arlington, Inc	40790	Food for Others, Inc.
56509	Children's Hospital Foundation	23028	Manna Food Center, Inc.
29262	Martha's Table, Inc.	98883	The Salvation Army – City Command
48974	National Capital Area Council, Boy Scouts of America	11236	American Heart Association
83997	Catholic Charities of the Archdiocese of Washington	11235	American Diabetes Association
67538	DC Central Kitchen, Inc.	74224	ECHO, Inc.
29344	St. Ann's Infant and Maternity Home	81118	HEROES, Inc.
19265	Arlington Food Assistance Center	63343	USO Council of Metropolitan Washington
52114	Food & Friends, Inc.	27085	Miriam's Kitchen
96686	American Red Cross of the National Capital Area	86926	Arlington Free Clinic, Inc.
61733	Bread for the City, Inc.	44658	ALIVE! Inc.
50781	Habitat for Humanity of Northern Virginia, Inc.	44115	National Multiple Sclerosis Society, National Capital Chapter
44919	Boys & Girls Clubs of Greater Washington, Inc.	16329	Big Brothers Big Sisters of the National Capital Area
21878	Action in Community Through Service of Prince William, Inc.	62919	City of Manassas Public Schools Education Foundation, Inc.
11239	Leukemia & Lymphoma Society, The	30374	Gaithersburg HELP, Inc.
10570	American Cancer Society	50162	SERVE
48469	Jewish Social Service Agency (JSSA)		